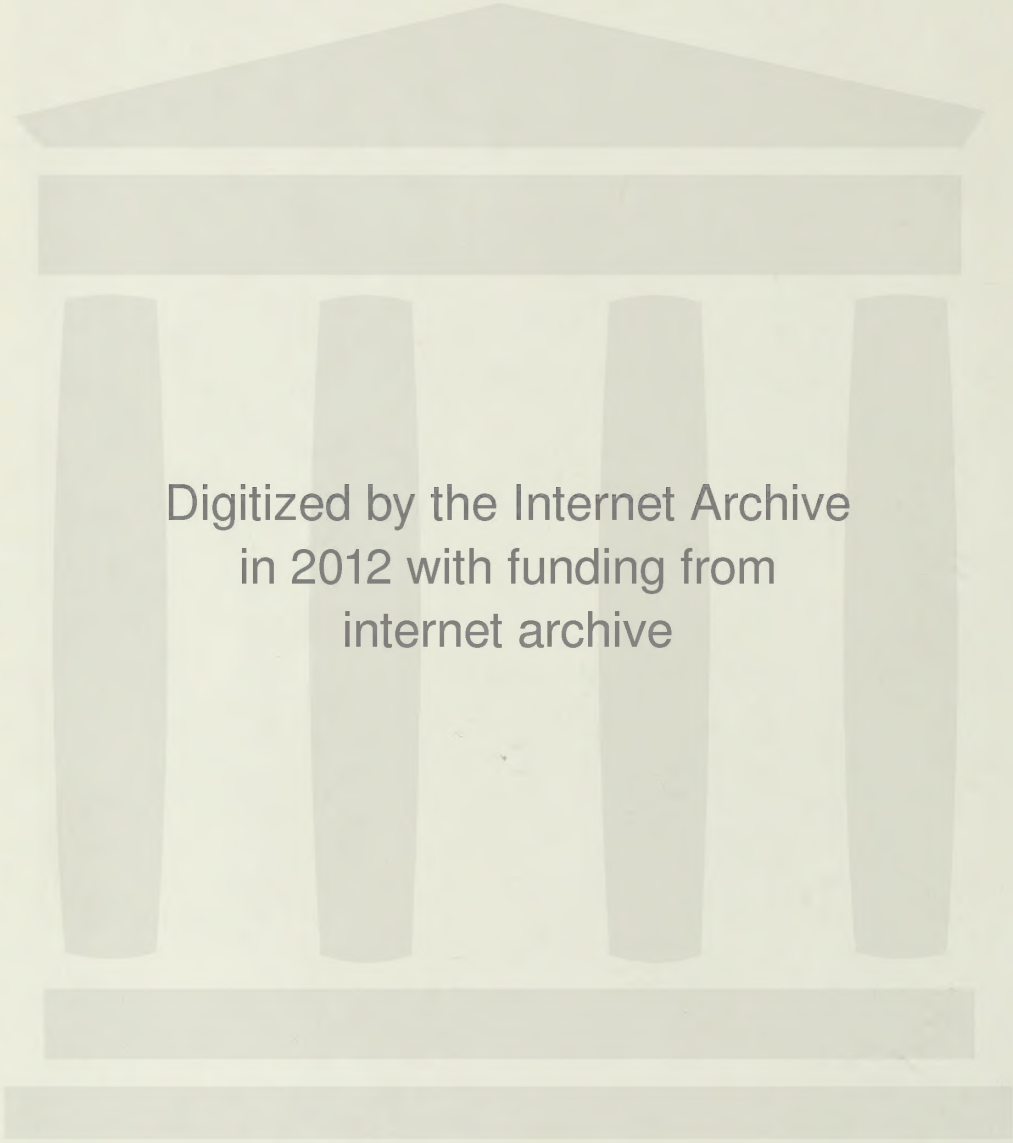
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Penal Code of California
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2 TASTY SUMMER-FRESH RECIPES



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COOL!

ASY-TO-FIX
RESH FRUIT
ICES

see page 84

DECORATING
AMERICAN
COUNTRY

4 FAMILIES SHARE
IEIR DREAM HOMES
WITH YOU

CURES
OR MIDLIFE STRESS p. 132

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CRAFTS

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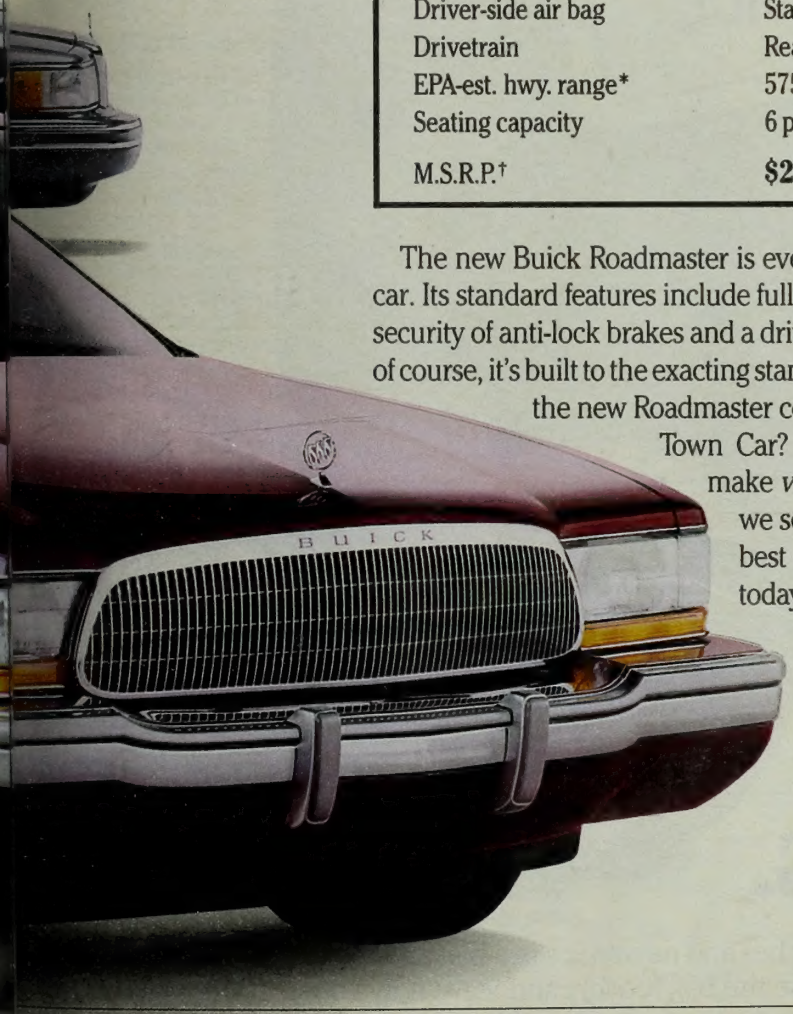
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A numbered limited first edition collector plate decorated with 23kt gold.

For over 30 years, Barbie has reigned supreme as America's fairy tale princess. She is every little girl's dream of the woman she hopes to one day become—beautiful, glamorous, and always dressed reflecting the latest styles.

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"The 1959 Bride-To-Be" is the first in a new series of porcelain collector plates entitled High Fashion *Barbie*. Each plate will feature Barbie wearing a different authentic outfit selected from her formal wardrobe of the last 30 years.

To elegantly portray the Queen of Fashion, renowned "artist of the stars" Susie Morton was commissioned to create an original painting for each plate. For example, "The 1959 Bride-To-Be" is based on the original Barbie doll wearing a sumptuous wedding gown complete with a satin bodice, full net skirt laced with flowers, and a fingertip veil.

To give America's favorite doll a fitting showcase, your plate will be decorated with a gleaming border of precious 23kt gold reflecting the Barbie trademark initial "*B*."

Each serially numbered plate will be accompanied by a matching personalized Certificate of Authenticity. The size of the edition will be forever limited to the production capacity of 25 firing days. None will be offered through dealers; this important First Edition is available exclusively through the Danbury Mint.

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When you acquire "The 1959 Bride-To-Be" you will have the option—*but not the obligation* to collect all subsequent plates in this series. Furthermore, under our *100% Unconditional Guarantee*, you may return any plate for replacement or refund within 30 days.

Reply Now for Lowest Serial Number

Today, after 30 years, Barbie is unchallenged in popularity and unequaled in collector interest. Reservations will be processed in the order received, so send in yours today!

the Danbury Mint

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BHP

Please Reply Promptly

76

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The 1959 Barbie™ Bride-To-Be

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Please accept my reservation for **"The 1959 Barbie Bride-To-Be,"** as described in this announcement. I wish to reserve ____ (1 or 2) plate(s) at $27 (plus $2.95 shipping and handling—total $29.95*).

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Better Homes and Gardens

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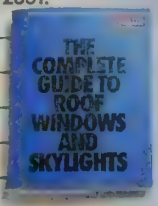
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EDITOR'S LETTER

JULY 1991



GEORGE CEOLLA

REDISCOVERING AMERICA—A DAYDREAMER'S VACATION

Dear Readers,

I have a little confession to make. Sometimes, when my desk gets piled up with paper, and those little pink telephone message slips accumulate like the leaves on my lawn in the fall, I get out a road atlas that I keep tucked away in a file drawer, and take a 10- or 15-minute vacation.

I open the atlas to the map of the United States, pick a destination, and then turn to the appropriate state map. Suddenly, that maze of red and blue highway lines and those familiar city and town names transport me back through time and space to some wonderful adventure or maybe just a pleasant memory.

Maps of the great desert states of the Southwest are probably my favorite escape hatches. A glance at the map of Arizona brings visions of vast, dusty expanses overarched with a sky so blue your spirit soars up to meet it. I'm reminded of the hour or so I spent one day in a gas station at the foot of Second Mesa, discussing the Hopi origin myth with the proprietor, who was also one of the Hopi elders.

A quick flip over to New Mexico and the pages seem to waft up the scent of piñon smoke. The names of the towns and villages—Santa Fe, Taos, Galisteo, Hillsboro—cast the same spell of serenity and wonder that comes over me every time I set foot in the Land of Enchantment.

Or, I might open the atlas to the map of Georgia to relive the canoe trip my son and I took 20 years ago through the Okefenokee Swamp and down the Suwannee River. It was a week of rain, unseasonable cold, and many minor misadventures. But, it was also a treasured time spent with my son, introducing him to the wonders of that natural world.

Sometimes, I'll fantasize a trip to a place where I've never been. I visited Bend, Oregon, via atlas recently, imagining a fishing trip that I hope will become a reality before long. I picture a sunny little mountain resort town with clear vistas and crisp air.

Well, you get the idea. A few minutes spent with those state maps brings home once more the potential for surprise, adventure, and delight that our great country has to offer.

In that same spirit, we've themed this month's issue "Rediscovering America." From the lovely restoration of a colonial era home in upstate New York to a casual family vacation cabin on one of the San Juan Islands of Puget Sound, with many stops in between, we want to take you on a whirlwind cross-country tour.

I hope that you'll have the same experience flipping through our pages that I get from my road atlas adventures—a sense of pride in the diversity of our country and our people, and a sense of unity with the family values and goodwill that make our lives worth living.

David Jordan

David Jordan, Editor in Chief



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How Deep Is The



YOU GET YOUR LEATHER FROM A SHOE STORE. YOUR DOG GETS HIS FROM MEAT.

It's fun to compare dogs to their human owners. But if you look deep, there are fundamental differences.

Take feet, for example. You protect yours with leather shoes. You can buy another pair anytime. Your dog can't.

He has only one way of keeping his footpad leather smooth and pliable. By eating right.

And, for a dog, eating right means plenty of meat protein, in a proper balance with other nutrients. This isn't exactly news to dogs, who have profitably been eating meat for thousands of years.

But it may be news to you.



Viewed from the bottom, the resemblance isn't even skin-deep.

YOU CAN ALWAYS GO OUT AND BUY A NEW COAT. YOUR DOG CAN'T.



Owning this winter coat takes money.



Owning this winter coat takes meat.

You and your dog both wear winter coats to look good and for protection from the elements.

The difference is, you can get your coat from a thousand places. Your dog can only get his from one: A diet rich in meat protein and fatty acids.

A meat-based diet gives him a thick and shiny coat. It makes him look and feel healthy.

But for some reason, many supermarket dog foods contain more grain than meat. Possibly this is due to a widespread misconception among humans that because meat isn't good for them, then it must not be good for dogs.

But nothing could be further from the truth.

RESEMBLANCE?



YOU ARE AN OMNIVORE. YOUR DOG IS A CARNIVORE.

The main source of protein in many supermarket pet foods is grains and vegetables. Meat is an afterthought.

Now if we were talking about an omnivore like you, a diet high in grain and low in meat would be fine. But we're talking about your dog.

Dogs are carnivores. They're supposed to eat meat. For a dog, meat is a much better source of protein than grains or vegetables. That's because their body—particularly their digestive system—is different from ours. (Unlike us, dogs don't have cholesterol problems as a result of their diet. So they can eat more meat than we can.) That's why dogs should eat Iams dog food. It contains more meat protein than the leading supermarket dog food. And because dogs naturally like meat, your dogs will naturally like Iams. So listen to what your dogs are trying to tell you:

If you're in the market for the best dog food, get out of the supermarket.

Omnivores' (that's us) digestive system takes nutrients from various foods.



Carnivores' (that's your dog) digestive system specializes in meat.



Your dog is different from you. But he does belong to your family. So you need to feed him right. And that means feeding him Iams.

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FAMILY NETWORK®

READERS' SOLUTIONS TO FAMILY AND COMMUNITY PROBLEMS

STINGY NEIGHBORS

Moochers beware. More than 600 readers responded to the request in April's Family Network *by Bobbie Mae Cooley of Bowen, Illinois. She asked for advice on how to deal with a neighbor who replaces borrowed items with cheaper brands. Here's what works for some of you:*

Try to keep a sense of humor about the whole matter. What's the use of getting an ulcer over a few tea bags?

Sherri Miller
Dayton, Ohio

I, too, had a neighbor who repaid with cheaper products (margarine for butter). I knew if I said something that I might lose her friendship, and I really did like her. So when she repaid me with anything, I would set it aside. The next time she came to borrow, I would go to that shelf for whatever she wanted. She even commented one time about how nice it was that I'd started using her brand. She didn't like the taste of real butter.

Donna Edwards
Modesto, Calif.

If a friend offered me an abrasive soap instead of my expensive super-mild one, I would probably say, "Honey, this old lye soap is just fine for an elephant hide like yours, but I have to be careful—I got real skin." Or, in the case of bad coffee, "No wonder your husband walked out, serving him coffee like this. Thanks anyway. I'll save it for when I want to get rid of guests." Obviously, this technique only works on real friends.

Nicolette Maleckar
Cass, W.Va.

When she tries to return something, tell her, "No, thank you, you can just keep it. Now you won't have to borrow it." If done with a smile, she'll take the hint and be a good neighbor.

Sharon Khalid
Aptos, Calif.

The simplest way for Ms. Cooley to solve her problem would be to tell her neighbor that she is out of that particular item. After the first few times, the neighbor should get the hint.

Leslie Obermeyer
Wellington, Colo.

You call your neighbor a "friend." With today's society the way it is, many people would gladly pay the weekly price of a bar of soap or a roll of toilet paper for someone they could truly regard as a friend. Perhaps you would not be so frustrated if you kept a mental "credit account" instead of a "debit account" for those close to you.

Susan McMichael
Fort Huachuca, Ariz.

The best approach may be to simply invite her over for a cup of coffee and be completely honest with her, telling her, tactfully, how uncomfortable her borrowing makes you feel.

Liz Pike
Pollocksville, N.C.

Maybe you should just lend her a copy of your April, 1991, *Better Homes and Gardens* magazine with the *Family Network* page earmarked.

Connie Baird
Fairfield, Ohio

I say be thankful she repays you at all. Most people do not even bother to return what they borrow.

Barbara J. Chaisson
Leesburg, Fla.

WRITE TO US

Family Network welcomes letters describing how you solved problems involving your family or your community, or letters asking for help with an unsolved problem. Write to Family Network, *Better Homes and Gardens*, 1716 Locust St., Des Moines, IA 50336. Letters may be edited for space. All letters become the property of *Better Homes and Gardens*®. We will pay $50 for each letter published.



Rediscovering America





San Juan Islands, Washington

Columbia County, New York

Baltimore, Maryland

Delaware County, Ohio

P. 69

Albuquerque, New Mexico





Happy birthday America–now let's celebrate! On the following pages, we'll take you from sea to shining sea on a road-less-traveled tour to where America really lives. You'll find our usual mix of ideas you can use–from furnishing your home to planning your family reunion–but as you visit our pages, we hope you'll discover something else. Although this country's spirit is rooted in richly diverse tradition, the best part is what we have in common: a love of family, a bond with the land, and a relaxed style that says "Welcome. Why don't you come on in and stay awhile?"



Crest has been shown to be an effective decay-preventive dentifrice that can be of significant value when used in a conscientiously applied program of oral hygiene and regular professional care."
–Council on Dental Therapeutics, American Dental Association. © P&G 1991

A morning walk in the woods. Fresh air. Wildflowers.

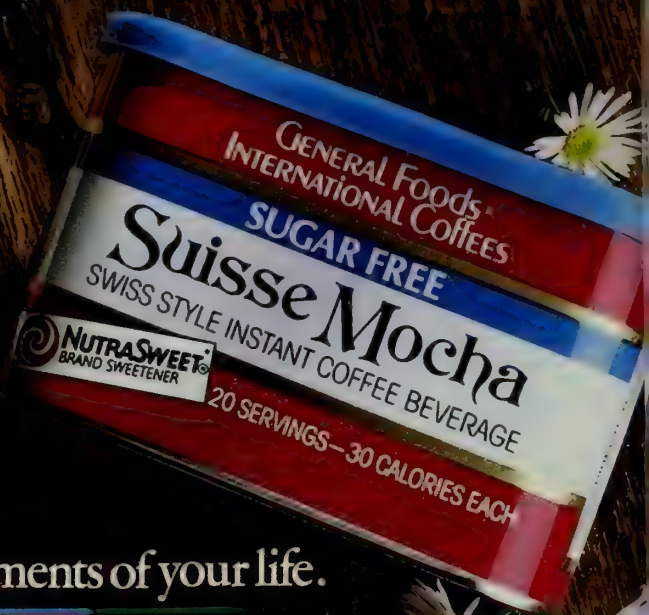
And a cup of our favorite coffee.

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Celebrate the moments of your life.



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into the Woods



The Mercers reach the island by boat.

Family fun in a tin-roofed cabin







On weekends, the Mercers of Seattle trade automobiles and alarm clocks for boats, bicycles, and the rhythm of the rising and setting sun. Their tin-roofed cabin is designed to put the focus on fun and relaxation. Perched on a ruggedly scenic cliff in the San Juan Islands near Seattle, the cabin's rustic character keeps maintenance at a minimum inside and out. Even yard work takes a vacation; thoughtful planning left the site mostly undisturbed.

BY ANN HINGA KLEIN

continued on page 20

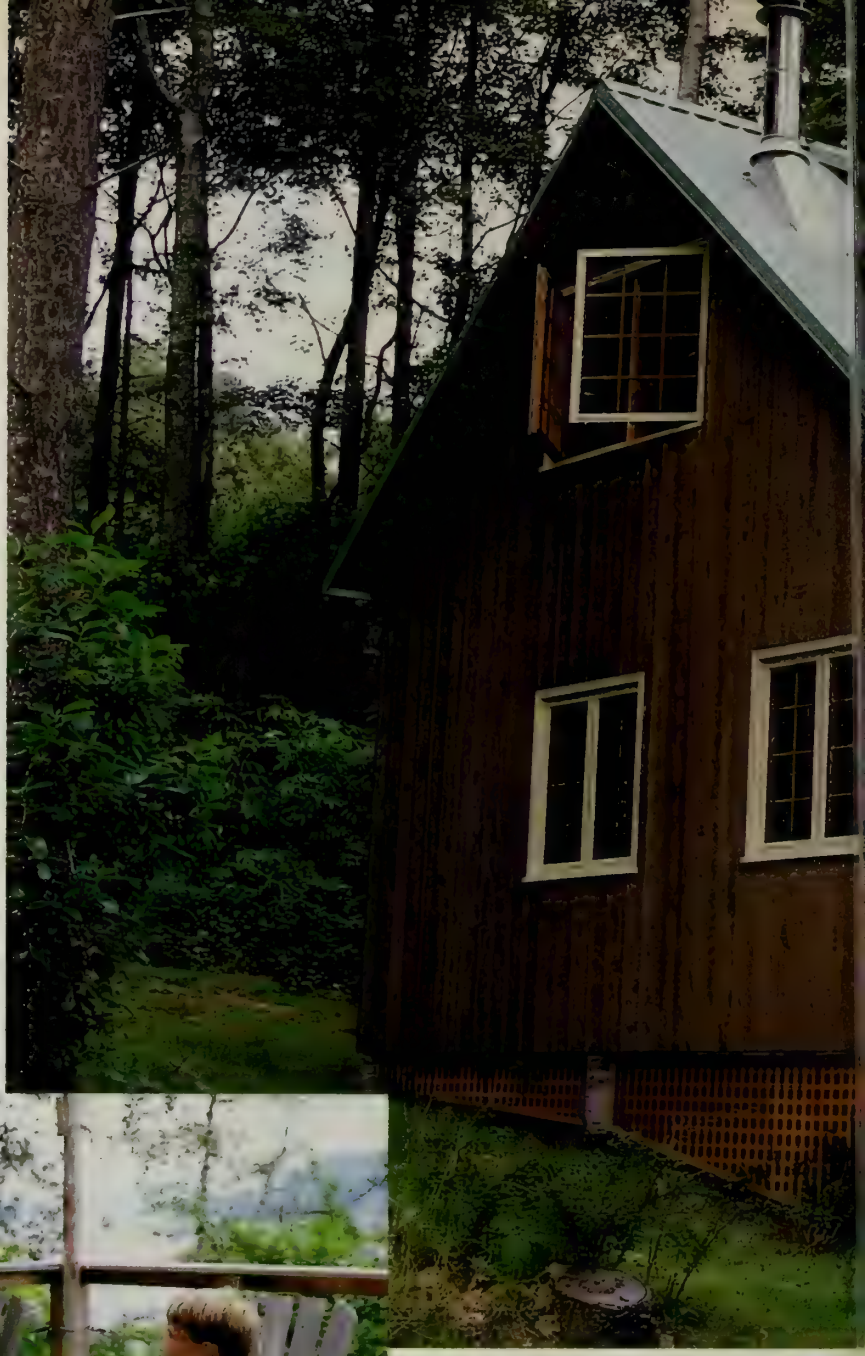


Hillside stairs follow the natural incline so they don't encourage erosion. A community dock nearby eases the chore of unloading.

into the Woods



A few years ago, friends introduced Mark and Molly Mercer to a tiny island in the straits north of Seattle. "We fell in love immediately," says Mark. The couple purchased a lot and pitched a tent, then began planning their vacation home. Cold nights and marauding bees helped them make up their minds in a hurry. "We're not into elaborate designs or trying to outdo other people," says Molly. What they wanted was a functional, comfortable cabin for themselves and their children, 7-year-old Marlowe and 5-year-old Freeman. Seattle architect Chapin Krafft helped them plan their attractive, space-efficient hideaway.





The cabin's piered foundation allowed the Mercers to build without disturbing the natural terrain.

Marlowe and Freeman rendezvous on the rear deck to make mobiles and wind chimes from rocks and shells they have gathered along the shore.



Windows and dormers open up the house to the outdoors on all sides, "Every view from the house is peaceful," says Molly.

The remote site dictated many aspects of the cabin's design. Materials had to be ferried from the mainland via an old landing craft and trucked to the lot over the island's single-lane dirt road. To simplify arrangements, Krafft specified extensive use of wood. He also planned structural members in uniform sizes and limited the trades required for construction, enabling a single island builder to cost-effectively complete most of the work.

To avoid using heavy equipment, the builder put in a piered foundation with bagged cement and island gravel.

into the Woods

To ensure that island time would be spent relaxing, the Mercers and their architect planned an easy-care exterior for the cabin.

- A metal roof doesn't collect moss the way shingles or shakes might, and frequent rains readily wash away leaves and tree debris.
- Deep overhangs replace leaf-jammed gutters, ushering runoff away from the house.
- The board-and-batten cedar siding never needs painting.

Mindful of the environment, the Mercers sited the cabin so that only six trees, most of them old and weary, had to be removed. After construction, the couple replanted native grasses to control erosion.



Simple, sturdy furnishings are at home in this cabin setting.

Furnishings and the central staircase provide definition between rooms on the main floor without isolating the cook in the kitchen. A nook in the living room offers a place to escape with a book or set up a board game.

The island has no electrical power, so the couple relies on candles and kerosene lanterns for lighting at night. Propane fuels the stove and refrigera-

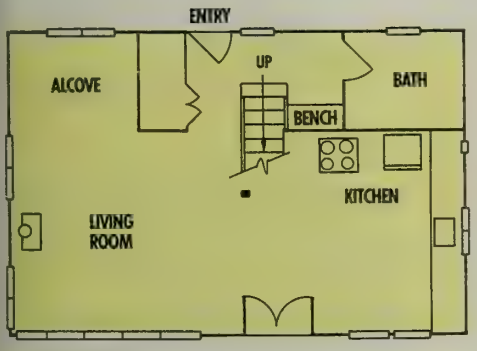




Rustic pine lends warmth and character to walls, floors, and ceilings. A wood stove throws heat on chilly nights, aided by the open staircase.

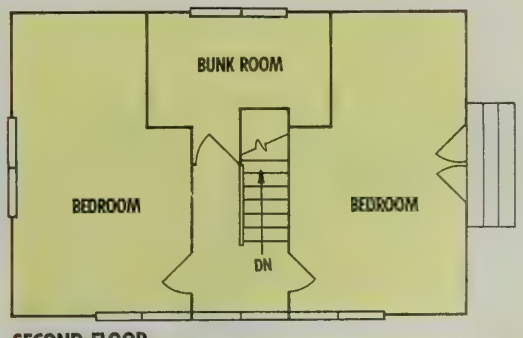
Photographs: Mike Jensen
Architect: Krafft & Krafft, Architects
Regional editor: Trish Maharam





FIRST FLOOR

Beadboard cabinets in the kitchen were built and installed by a family friend. The central staircase lets kids make a beeline from the second floor to the beach without cutting through the main living spaces.



SECOND FLOOR

Twin bunks yield play space in the kids' room.



Freeman slips into his shoes while perched on the cabin's central staircase. At the top of the stairs, a bank of windows offers light and a scenic lookout to the channel.

"Lots of things feel better he

tor. A small generator in the toolshed pumps well water and revs up the vacuum cleaner at the end of each stay. The cabin's design includes plenty of south-facing windows that make the

into the Woods





Big dormers and wide windows keep the upstairs rooms bright and airy.

"...ning, sleeping. We have a lot of kids our age to play with." —7-year-old Marlowe Mercer

most of daytime sunlight. In lieu of living room curtains, a grapevine is being grown to provide dappled shade from summer sun; it will drop its leaves in winter.

Upstairs, sunshine pours in through shed dormers and penetrates an open staircase to brighten rooms on the main floor. Three snugly clustered bedrooms leave little wasted hall space. For the children and their visiting friends, there's a cozy bedroom with custom-built bunks; Mom and Dad have a larger room next door.

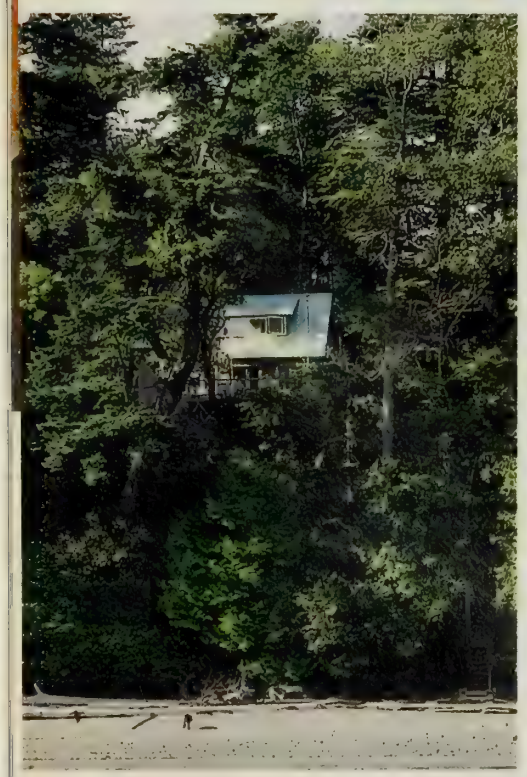
Bedtime comes early in a cabin lighted by lanterns and candles. "You slow down as the daylight fades," says Mark. "Your body returns to its natural cycle." In the rainy season, the family drifts off to sleep to the beat of rain pattering on the green metal rooftop. "With a down comforter over you, you're isolated from the rest of the world," Molly muses. "You don't care if you ever go back."

The outdoors beckons by day in almost any weather. Marlowe and Freeman typically scoot off to find friends. "There are no cars on the island," says Molly, "so we don't worry about the kids getting run over. The water is so cold that even if they are climbing on

into the Woods



"Because there are no vehicles on the island, we feel a stronger sense of neighborliness. There's a lot of strolling and chatting, as was done before the automobile."—Mark M



Perched high above the shoreline, the Mercers enjoy Crusoelike seclusion.

the rocks, they don't venture near it." Biking and hiking are daily routines for Molly and Mark. "There's a lot of strolling and chatting, as was done before the automobile," says Mark. "It's a very informal environment."

He and Molly also enjoy the deck, where binoculars give them close-up views of sailboats, eagles, kingfishers, ravens, and woodpeckers.

Evenings find the family on the trail to a favorite fishing hole, where the kids practice casting out and reeling in. "It's the sheer joy of hearing that plop and wondering if some fish might go for it," says Molly.

SAN JUAN ISLANDS SNAPSHOT

- **Population: 10,035.**
- **Median house: $183,500.**
- **Ask a simple question department: There are 172 islands, unless you go with stats from other seemingly reliable sources. One counts 457 islands and reefs at high tide, and 786 at low tide.**
- **A ferry system serves the four largest islands—Orcas, San Juan, Lopez, and Shaw.**
- **Why don't the San Juan Islands need traffic lights? Because the relaxed pace means everyone travels in the slow lane.**
- **For the best view of the mammoth mammals that prowl local waters, head for Lime Kiln State Park, near Whale Watch Park, on San Juan's west side.**
- **Two to watch: bald eagles and whales. One to catch: salmon.**
- **Shaw Island's century-old red schoolhouse nurtures 14 students.**

Buying Information, see page 145.



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Norman Rockwell

A tribute to the place he called home.

Introducing "Rockwell's Residence."
The inspirational premier issue in Rockwell's Hometown collection.

It's been said you can tell a lot about a person by where he chooses to make his home. It comes as no surprise that Norman Rockwell, celebrated artist of the simple joys and homespun virtues of American life, found blissful haven in the colonial town of Stockbridge, Massachusetts.

Rich in history, pastoral beauty and friendly townsfolk, Stockbridge provided Rockwell with an unending source of inspiration. It was here that the everyday values he held so dear — love of home, family and country — took root and blossomed.

For nearly twenty-five years, Rockwell called the charming Georgian style house on South Street home. Now this historic home has been specially re-created for you, with this premier sculpture in Rockwell's Hometown collection.

Meticulously hand-cast, hand-painted and wonderfully detailed, "Rockwell's Residence" has been awarded the full authorization of The Norman Rockwell Family Trust — dedicated to the very standards to which Rockwell himself so faithfully adhered.

Demand for The Gallery's first cottage series was much greater than expected. Considering its premier issue status, "Rockwell's Residence" could be even more successful. Its $34.95 price is ideal for collectors of investment-quality art. And your satisfaction is unconditionally guaranteed for 365 days.

"Rockwell's Residence" is an exclusive, authorized limited edition. So return your reservation request today. And reserve a special place in your home for "Rockwell's Residence."



ɔckwell's Residence" is a hand-crafted heirloom sculpture of extraordinary detail.



Every detail has been attended to, from the delicate multi-paned windows to the well-tended trees that line the artist's private yard.



Hand-painted perfection — you can almost see Rockwell himself stopping to pick a bouquet of flowers at the side of his charming home...



The stately moldings... the symmetrically-spaced windows... the tiny flowers blooming in their brick-lined beds... all the antique charm and character of Rockwell's inspirational home has been faithfully re-created under the hallmark of Rhodes Studios.

Shown slightly larger than actual size of 2¾" high, 6" wide, 4¼" deep.



The Norman Rockwell Gallery · 9200 Center for the Arts Drive
Niles, IL 60648-1300

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The Norman Rockwell Gallery

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Robert and Carolyn Hill find an oasis of comfort in their 1875 Baltimore home.





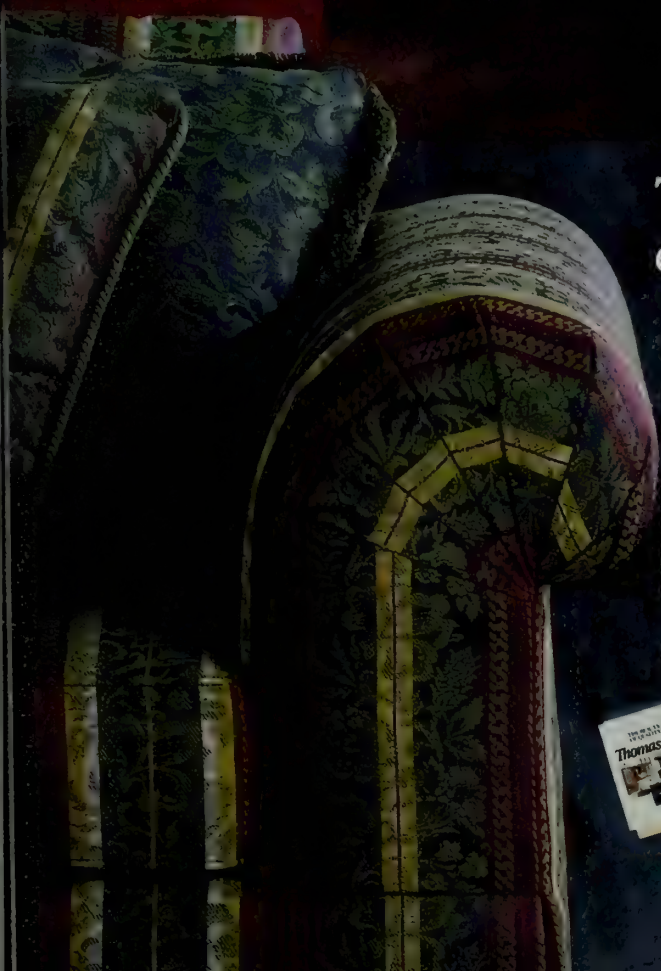
A Stroll Down Memory Lane

INVITING NEW STYLE INTO A NOSTALGIC HOME Some places refuse to grow up. Take Robert and Carolyn Hills' vintage home in historical Dickeyville. Tucked into bustling Baltimore's hip pocket, this area proudly parades its past where it can—from nostalgic lampposts that line the streets to the annual Fourth of July gala. Like the neighborhood, the Hills' spirited home honors its roots but lives for today.



BY EILEEN A. DEYMIER AND SANDRA S. SORIA





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A Stroll Down Memory Lane

Friendly wicker greets guests to the Hill home, which sits below street level. Unmatched cushions add personality.

Though from different eras and regions, this room's pieces get along, thanks to shared natural materials.



When Carolyn and Robert Hill bought "the wagon wheel house" (so-called because of the spoked wheel embedded in the home's stucco), they bought into more than a place to live—they adopted the all-American lifestyle of the vintage community. Only five miles from the city center, Dickeyville seems a century away in time, with its garden parties, active good-neighbor network,



and, of course, its historical buildings.

Although in love with the time-honored architecture, Carolyn and Robert didn't necessarily want their interiors to live in the past. So, when they moved to the home from a city townhouse, they found a way to bring their familiar decorating style along, too. Besides, says Robert, "We've never been so rich that we could afford to decorate differently every time we move. We just deal with what we have until it works in the new setting."

Classic, go-anywhere wicker chairs bridge the generation gap in the breezeway. Carolyn brought them home from an import store to give her old standby table the friendly feeling of a front porch.

The breezeway once linked the home to a carriage house, which now serves as a family room (*left*). Former owners enclosed the entry area with traditional windows and converted the carriage house into a living space without marring the architecture. "The fact that the nitty-gritty remodeling had been done appealed to us," says Carolyn. "We got to have fun with finishing touches."

One such touch is the sturdy shelf on which Carolyn displays handmade objects. Below it, an ample wicker

A Stroll Down Memory Lane



Graced with memories and a garden view, this spot invites passersby to daydream or dash off a greeting.



Despite the melting pot of styles, this room's pieces get along because they share mellow, golden hues and simple lines.

rocker eases the transition from the breezeway's nostalgic charms to the family room's modern conveniences, which include a leather sleeper.

In the living room, simple softening agents blur the distinction between old and new designs. Wisps of lace, delicate blooms, and worn family photos take the hard edge off modern armchairs. The Hills wisely invested in one stellar piece to pull the room together: an antique armoire.

This big beauty's mellow wood speaks to the vintage side of the room's personality, but its clean lines match the modern mood. "Robert and I laugh that the oldest piece in the house is the newest piece," says Carolyn. "But it adds so much to the room, including storage space."

At the opposite end of the room, a close-knit grouping of objects (*left*) sums up the couple's style and serves up a pleasant spot for the eye to rest.

A Stroll Down Memory Lane

Originally a sofa table, the simple parsons table now serves as a desk and display space for Carolyn's mementos. "I like to be surrounded by my things," says Carolyn. "Some people call it clutter, but I don't mind clutter if it's arranged in a small area with a lot of air in between."

Although in most cases the Hills use stylish tactics to adapt their furnishings to the home's vintage style, in some rooms the architecture simply had to meet the furniture halfway. Despite its gracious crown molding, the dining room, for instance, once lived in the dark age of varnished wood.

"Even my father, who thinks it's somewhat of a crime to paint woodwork, looked at this room and said 'You could sure use some white paint,' " recalls Carolyn. "We had to agree with him."

The upper wall's new blush of pink and crisp white on the trim gives the room a bright outlook by day and a warm glow when daylight turns to candlelight. Lightening up the backdrop puts the Hills' modern dining pieces at ease.

Of their furnishings mix, Robert says, "Carolyn likes curves. I like straight lines." The result? A dynamic interior that, like the neighborhood beyond the Hills' front door, nods to the past while embracing today.

Buying information, page 145.



PHOTOGRAPHS: TIM FIELDS

Artful architecture is a "built-in" bonus of buying an older home. This dining alcove nests blue-and-white ware discovered at flea markets.



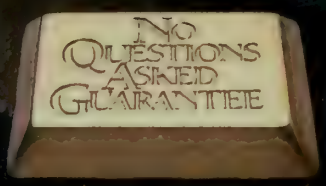
Buying classic modern pieces has paid off for the Hills. Simple lines allowed the 10-year-old dining pieces to move from modern home to vintage house with ease.

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A Stroll Down Memory Lane



Every Fourth of July, Dickeyville residents turn their quiet community into one big birthday bash for this country.





No ordinary potluck dinner, this annual covered-dish event lets everyone try out his or her latest gourmet recipe.





Well-preserved architecture makes Dickeyville a national treasure. But even more valuable in today's scattered world is the well-preserved spirit of community found in this 120-home chunk of Baltimore.

This spirit is celebrated in many ways, as Elizabeth Bragg knows well. Her neighbors formed a parade last year to bring her a birthday cake dotted with 100 candles to mark her years. Even more important, however, her neighbors have helped her stay in the community she has loved for 54 years by shopping for her, fixing a rain gutter, or just dropping in to see how she's doing.

Dickeyville's pride hits the summit, though, on the July 4 holiday. For as long as anyone can remember, this community has organized three days of hoopla to celebrate the nation's birth. The list of activities reads like the roster of an old-time town social: covered-dish potluck dinner, square dance, water fight, community play, children's storytime, crabfest—and of course, the annual Fourth of July parade.

Despite the fact that the neighborhood's parade is well-practiced and well-planned, it remains charmingly humble and yet open to participation by all. Homemade floats, children in little red wagons, dressed-up dogs, and decorated bicycles stream past lines of spectators. Standing under the shade of an old oak tree, sipping lemonade, and belting out a patriotic tune in unison with the crowd, one could easily forget that this gem of an old-fashioned village sits proudly within Baltimore's limits, a city of much more urban character. Along with many of us, Dickeyville's residents hope their spirit is catching.

BALTIMORE SNAPSHOT

- **Population: 745,100.**
- **Median house price: $105,000.**
- **Hometown hero: Babe Ruth.**
- **Socially acceptable, savory, stress reliever: Bashing an order of steamed crabs with a mallet.**
- **Tours: Deadliest: Westminster Church's catacombs and graves, where Edgar Allan Poe writes nevermore. Scariest: Halloween Insomniac Tour.**
- **Oh, say, you can see Fort McHenry. Its flag during the War of 1812 inspired Francis Scott Key to write *The Star-Spangled Banner.***
- **At the city's most popular spot, Inner Harbor, you can shop, dine, visit the aquarium and science center, catch a water taxi, and tour the U.S. frigate *Constellation*, our navy's first ship.**
- **Dickeyville is one of Baltimore's 23 historical neighborhoods.**

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BY SANDRA S. SORIA



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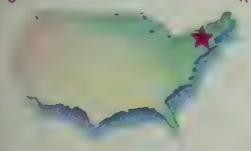


History doesn't repeat itself in Bob and Bonnie's 200-year-old home. They mixed the best of the past with the present for a style all their own.

Keeping it Simple

THE LASTING LESSONS OF SHAKER DESIGN

COLUMBIA COUNTY, NEW YORK



Bonnie Mackay and Bob Eisenhardt found home where their hearts are—in Columbia County, New York, a chunk of country that is lush with both America's past and nature's beauty. In fact, it was by tapping into the region's rich vein of history that the couple discovered a natural decorating source: Shaker design. Using this vintage brand of American style, they gave their 200-year-old house a nostalgic decorating spirit that comforts like a visit with your favorite scrapbook. Best of all, with Shaker as their decorator, Bonnie and Bob discovered just how easy finding their own style could be.



Shaker architecture proves the point that simple is beautiful.



Buckets found in The Shaker Museum.

"It's easy to blend the old and the new: Just take the best of the past and make it meet your needs today." –Bob



A tabletop gathering of old friends and new finds personalizes the room like a signature.

Vintage, graphic textiles are a key softening agent in this couple's home. "I get carried away with pillows," Bonnie admits. "I once found Bob squeezed into the sofa's corner—he could barely move his arms to read!"

If history is the best teacher, the Shakers conducted a class in design that's as fresh today as it was a couple of centuries ago. The Shaker bottom line: Simplicity is beautiful.

The stoked-up interest in Shaker design suggests that, like Bonnie and Bob, folks are ready to listen to the benefits of lightening up. "After the '80s, when we wanted it all, we now realize life is easier to manage if we just have what's important," says Bonnie, who forecasts decorating trends as senior home furnishings fashion coordinator for Bloomingdale's department store in New York City. "We want space, we want things to be clean, and we want the things that we love to show."

Which isn't to say that Bonnie and Bob are going to trade in the amenities of modern life for the unpadded austerity of a strict Shaker style. The secret, as they say, is in the mix. By borrowing Shaker notions of simplicity and back-to-basics purity, but satisfying their modern-day cravings for comfort, this couple has found a style they could call their home.

Without a lot of curve or clutter to weigh it down, the living room welcomes with a peaceful, easy feeling. Squashy black sofas that share the Shakers' preference for clean-lined simplicity form the comforting core, then a chosen few bits of nostalgia personalize the look. ***Buying information, page 145.***


Keeping it Simple

"We are both drawn to Shaker pieces in a spiritual way . . . they just feel good to be around." –Bonnie



Bonnie individualizes a table setting by mixing old and new. The textural place mats were cut from rubber floor mats.

Bonnie and Bob built a Shaker trestle table from a mail-order kit. They saved money, but more important, they put something of themselves into the design.

Simplicity is not only easy to live with, it also makes decorating easier, as this couple discovered. To give their dining room pieces a good rapport, Bob and Bonnie relied on easygoing objects: clutter-free Shaker reproduction dining pieces, a graceful wisp of lace tossed easily over a dowel as a window dressing, and an eye-pleasing lineup of framed pages from an old book. "Utter simplicity ends up looking elegant," Bonnie says. "I think today we're all becoming sophisticated enough to understand the art and integrity of Shaker design."

The idea is to toss out life's extra baggage by applying the Shaker rule: If you don't use it, lose it. The Shakers pared their homes, and every object inside their homes, to their core use. By cutting out excess ornament and things, they discovered a natural sense of harmony. That brand of harmony is a welcome houseguest in this home in the Columbia County countryside. "Our home is an oasis from our busy lives," says Bob, an independent filmmaker. Both Bonnie and Bob travel extensively in their work, so when they "occasionally run into each other" at home, they want their rooms to be calming and low maintenance, which is another benefit of stripped-down style.

Buying information, page 145.



The second Shaker meeting house, Mount Lebanon.




Keeping it Simple



A peaceful scene in upstate New York.

"Shaker design is serene. The whole idea is to put peace in your home." –Bonnie

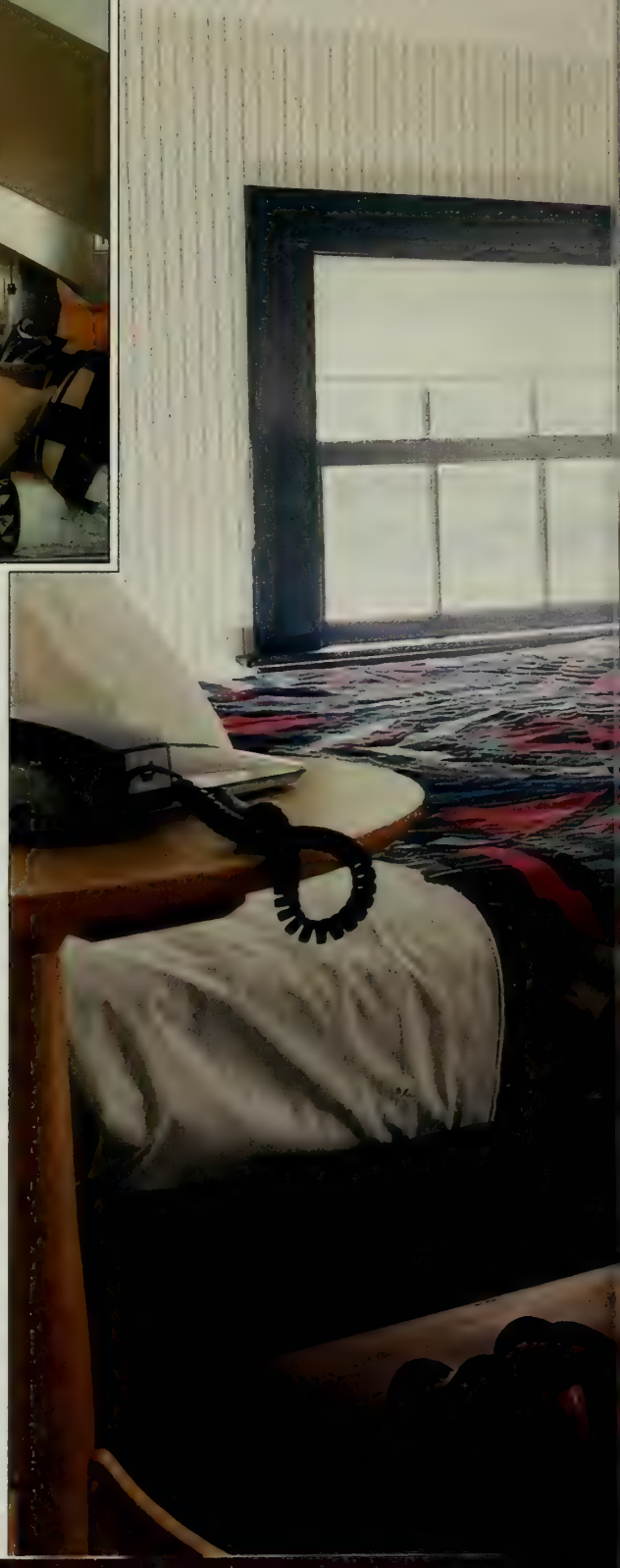


A neutral color palette—black, white, and wood tones—allows Bonnie's prized collection of vintage American quilts to stand out like art on a white gallery wall.

To this couple, Shaker design also has the same appeal as an album of old family photographs; it offers a comforting connection to the past. "I love to live with history," Bonnie says. "You look around and think about the whys."

Shaker design not only answers Bonnie and Bob's need for serenity, but the objects move right in with today's styles because of their simple nature. In the bedroom (*right*), a Shaker rocker and nightstand go with the unfettered flow of a modern bed. To help the two eras live together, the couple opts for accents that meet on a common ground. Pinstriped wallpaper echoes the crisp slats of the bed and chair; traditional braided oval rugs wed the arched bed with the pedestal table. Finally, a black-and-white color scheme, like the basic black pants and white shirt you buy to match anything, ties the group together in a neat package.

"I like using black and white as a foundation in a room," says Bonnie. "Then I can add color or take it away as I want to." Bonnie's vivid quilts live from room to room, moving like the colors in a kaleidoscope to change the scene in a refreshing way. ***Buying information, page 145.***



Keeping it Simple



Shaker and contemporary styles make intriguing bedfellows in the bedroom and throughout the home. "Shaker is so pure it blends with any style," says Bonnie.

Keeping it Simple



At her country home, Bonnie enjoys nature's gifts: fresh blooms, fresh herbs, and fresh air.



Besides linking Bonnie and Bob to the comforting familiarity of history, Shaker design surrounds them with the gentle beauty of natural materials and objects made by hand. In the '90s, many folks are rediscovering the pure allure of living with objects that someone has actually touched, or that have sprouted from the earth.

"There's a new sensitivity to the earth," Bonnie says. "People realize there's a quality to natural things that can't be re-created with a machine."

Buying information, page 145.



BUYING SHAKER TODAY

Because original Shaker pieces are precious and few, collectors have driven the prices skyward. Not to worry, though. Several manufacturers, including those we have listed below, re-create the pure spirit of Shaker design in line-for-line reproduction pieces as well as in design adaptations. To find out more about the pieces, to locate the dealer nearest to you, or to receive a catalog, you can contact the following companies:

Furniture companies

Ethan Allen, Inc., Ethan Allen Dr., Danbury, CT 06810; 203/743-8000
Stanley Furniture, P.O. Box 30, Stanleytown, VA 24168; 703/629-7561
Habersham Plantation, P.O. Box 1209, Toccoa, GA 30577; 800/241-0716
The Lane Company, P.O. Box 151, Altavista, VA 24517; 804/369-5641
The Nichols & Stone Company, 232 Sherman St., Gardner, MA 01440; 508/632-2770

Mail-order sources

Cohasset Colonials, 251 GX Ship St., Cohasset, MA 02025; 800-288-2389
Shaker Workshops, P.O. Box 1028, Concord, MA 01742; 617/646-8985
Sturbridge Yankee Workshop, Blueberry Road, Westbrook, ME 04092; 800/343-1144
Yield House, Dept. 2950, North Conway, NH 03860; 800/258-4720
**Note: Some companies charge for a catalog.*

COLUMBIA COUNTY SNAPSHOT

- **Population: 62,982.**
- **Median house price: $130,000.**
- **Access: Take the Rip Van Winkle Bridge across the Hudson River.**
- **The nine surviving Shakers live in New Hampshire and Maine.**
- **Learn more about Shaker style at The Shaker Museum, Old Chatham; Mount Lebanon Shaker Village, New Lebanon; and the Shaker Heritage Society, Albany.**
- **First city chartered under the U.S. Constitution, in 1785: Hudson.**
- **Most popular community name: Chatham. Pick from Center Chatham, East, Old, North, and Village.**
- **Martin Van Buren, called Old Kinderhook after his hometown, used his nickname's initials to give documents his stamp of approval.**
- **The Ichabod Crane Riders play ball in the county where Washington Irving once tutored.**



The simple serenity of Columbia County.

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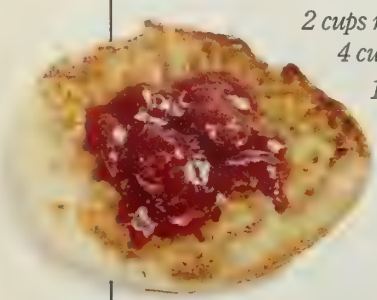


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¾ cup water

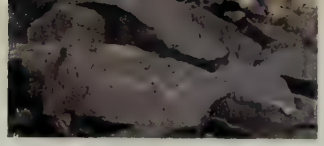
1. *MIX strawberries and sugar thoroughly. Set aside 10 minutes.*
2. *STIR SURE·JELL® with water in saucepan. Bring to a boil, stirring constantly. Boil 1 minute. Remove from heat.*
3. *STIR mixtures together* ***until sugar is completely dissolved and no longer grainy.*** *Pour into plastic containers. Cover. Let stand at room temperature 24 hours. Store in freezer. After opening, store in refrigerator. Makes about 4 (8 oz.) containers.*



Note: *Measure sugar and fruit exactly and do not change amounts or jam will not set properly. A potato masher works best for strawberries.*

Look for SURE·JELL® in the baking or canning section of your grocery store.

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Silhouettes of the Past

A NEW MEXICO FAMILY KEEPS NATIVE CRAFTS ALIVE

BY JILANN SEVERSON

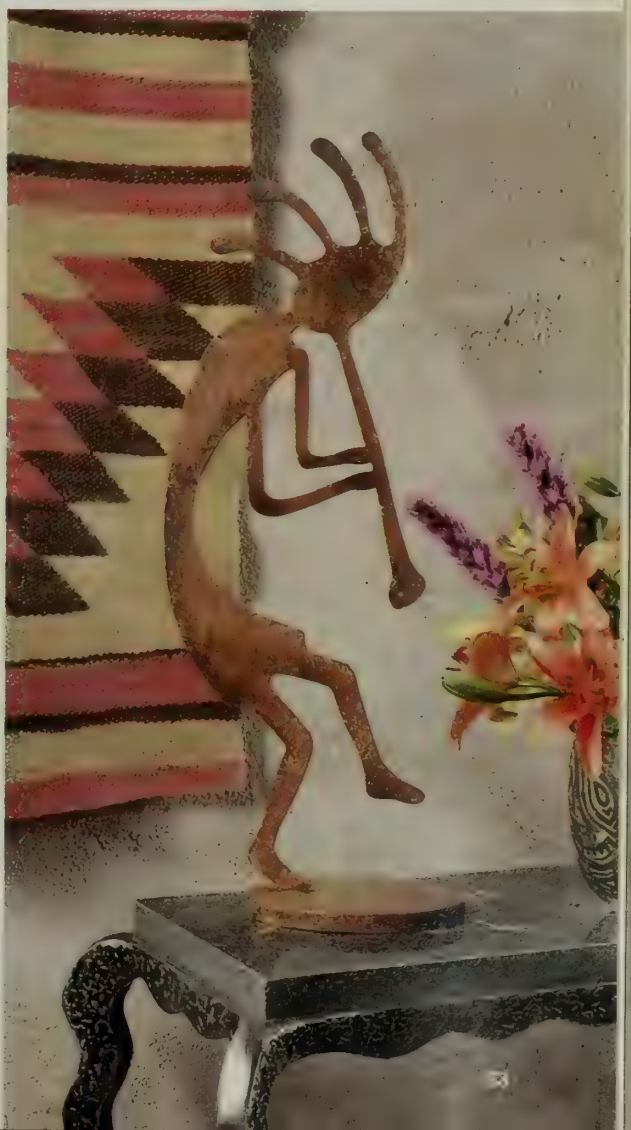
It all started with a road trip. Recently married and out to check on graduate schools across the country, John and Sybil Keyser were headed west. "When we drove through New Mexico, we absolutely fell in love with the place. We sold our car, bought a pickup, and became New Mexican," says John. They've been New Mexican ever since.

John, an artist and metalsmith, and Sybil, a learning disabilities teacher, have chosen Corrales, New Mexico, to be their

continued on page 54



John, Sybil, Anna, and Sara Keyser.



John shared with us the Kokopeli design he makes from rusted metal. We tell you how to make a wooden one with a painted rusty-looking finish (*right*).

Silhouettes of the Past





Kokopelli dancers accent a striped-bordered lap robe in an adobe room filled with handcrafted items. Instructions for the lap robe, pillows, and painted bowls begin on page 64.

Traditional architecture with adobe and vigas.



Anna, 10, and Sara, 6, imitate the petroglyph figure Kokopeli the Flute Player beside their father's Big Horn table. To make the "verdigris" painted bowls and napkin rings, see *page 66.*

continued from page 53

home for the past 17 years. After finishing his fellowship at the University of New Mexico in nearby Albuquerque, John founded Keyser Sculpture and set out once again—this time to be a full-fledged artist. "Since I left graduate school, I never stopped making art," he says.

The lifestyle, land, people, and history of New Mexico affected more than just the way Sybil and John lived. It's woven its way into John's art. Softer edges, zigzags, waves, spirals, and primitive shapes have worked their way into the metal sculptures. Eventually, John was using ancient images from Albuquerque's Indian Petroglyph Park as inspiration for his designs.



Sparks fly from his fingertips as John fuses curving steel into an elegant chair. Traditional petroglyph figures quietly watch from the workshop wall.

John researches different aspects of his designs, and this knowledge sparks his creativity. "I'm moved by knowing the original works, their meanings, and their locations. It's very important to me," he says. It's also brought him a healthy

continued on page 56



Dyed pine drawers stack to echo a Pueblo village in a room wrapped with the Chevron Stencil from the pillow on *page 54*. Project instructions begin on *page 64*.





Metal versions of ancient petroglyph characters cluster on John's latest design, an etched marble console table.

continued from page 55

respect for the ancient peoples and their art. Even though his rusted or polished metal cutouts, large and small sculptures, and furniture echo the men, gods, and beasts of the petroglyphs, he produces his art with reverence and respect. If the figures are still considered holy, John won't duplicate them.

Other elements common to the homes and landscape of the Southwest, such as the contrast of natural and bright colors and the blending of smooth and rough textures, make an appearance in John's art. A few of John's simpler sculptures, inspired by the petroglyphs, are shown *above* and on *page 55*, while the more complex Hoop Dancer and Lightning Dancer guard the pine drawers, *left*.

John's latest endeavor, furnituremaking, also carries hints of the Southwest. Metal tables usually feature intricate cutouts of petroglyph images. Steel chairs may have a subtle hint of a steer's head or tail. All have the relaxed feel of New Mexican ranch life.

continued on page 62



Native cacti of central New Mexico.

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"We're looking for people to write children's books"

by Alvin Tresselt, *Dean of Faculty*

"Writing for children is the perfect way to begin," says the author of 53 children's books. "Your ideas come right out of your own experience. And while it's still a challenge, it's the straightest possible line between you and publication—if you're qualified to seek the success this rewarding field offers."

IF YOU WANT TO WRITE and see your work published, I can't think of a better way to do it than writing books and stories for children and teenagers. Ideas flow naturally right out of your own life. And while it's still a challenge, the odds of getting that first unforgettable check from a juvenile publisher are better than they are from just about any other kind of publisher I know.

Later on, you may get other checks from other publishers. But right now, the object is to begin, to break into print, to learn the feeling of writing and selling your work and seeing your name in type. After that, you can decide if you want your writing to take another direction.

But after 40 years of editing, publishing and teaching (and 53 books of my own), I can tell you this: You'll go a long way before you discover anything as rewarding as writing for children.

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But, that's not all. The financial rewards go far beyond most people's expectations because there's a surprisingly big market out there for writers who are trained to tap it. More than $1 *billion* worth of children's books are purchased annually and more than 300 of the 500 publishers of books related to children welcome manuscripts from aspiring writers. And over 400 magazines rely on freelancers to fill their issues.

Yet two big questions bedevil nearly every would-be writer..."Am I really qualified?" and "How can I get started?"

"Am I really qualified?"

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- Then I edit your assignment just the way a publishing house editor would—if he had the time.
- I return it along with a detailed letter explaining my comments. I tell you what your strong points are, what your weaknesses are, and just what you can do to improve.

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"The thing that gives me the most satisfaction," writes Brandy S. Wells, Greensboro, MD, "is the idea that my story will be read by 150,000 Sunday school children—my dream come true."

Marilyn Day, Marissa, IL, says, "I am no longer a housewife. I am a *writer!*"

"Most importantly, the course has allowed me to explore my creative writing skills without committing myself to a strict classroom environment with immediate deadlines and meeting schedules," reports Jeanne Nickerson, Washington, DC. "I needed the flexibility of a correspondence course and I have enjoyed dealing on a one-on-one basis with my instructor."

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*The testimonials in this ad were provided without remuneration and voluntarily by the Institute's students between 1985 and 1990.

Silhouettes of the Past

continued from page 57

Family is another strong element of what John often calls "our art." Sybil organizes, advises, and keeps track of details. Daughters Anna and Sara freely give well-thought-out opinions. All three tolerate the huge metalshop attached to their house with all its dust, long and noisy hours, and John's trips to art and furniture markets. "I ask Sara for her advice, and she's always willing to give me her criticism. Anna rates my furniture for durability and comfort," says John.

When the Keysers followed their hearts and moved west, it brought more changes than the young couple could have anticipated—a laid-back lifestyle, respect for ancient cultures, and a new way of making art. They alternately boast about their lifestyle and claim to want to keep New Mexico a secret. While John and Sybil truly believe that New Mexico is "the most gorgeous place to live—bar none," John prefers to tell another story. "Seventeen years ago, we got stuck in the mud so deep that we couldn't get our tires out. Then when the desert winds blew, it froze the mud to iron and we haven't been able to move our car, so we started living here. Between the desert winds and the terrible rains and the snow, we just haven't been able to get the car started," he laughs.

In truth, John says, "The reason I'm here is because it's just a great place to live." And to make art.

continued on page 64

Instructions begin on page 64.
Buying information, page 145.
To order patterns and kits, see page 149.



An old blanket gives softness to a table of finely crafted items, including two styles of John's chairs.



Wooden plates painted to resemble aged copper, matching napkin rings, and stenciled napkins highlight a rustic table.

ALBUQUERQUE SNAPSHOT

- **Population: 509,950.**
- **Median house price: $84,300.**
- **Cutting through Albuquerque: the Rio Grande and Route 66.**
- **Steep yourself in history while you shop and dine in Old Town.**
- **The fruits of being in Albuquerque: Views of the Sandia (meaning watermelon) and Manzano (apple) mountains.**
- **It's a bird. It's a plane. No, it's the colorful International Balloon Fiesta, held each October.**
- **You can also get up, up, and away on the Sandia Peak Tramway, billed as the world's longest aerial tram, at 2.7 miles. Your reward for going to the top: an 11,000-square-mile view.**
- **For authentic Native American pottery, jewelry, kachina dolls, and weavings at reasonable prices, shop at the Indian Pueblo Cultural Center, owned and operated by 19 New Mexico tribes.**
- **There are 270 extinct volcanoes within 65 miles of Albuquerque.**
- **No one gets blue on the Turquoise Trail. This route threads its scenic way from Albuquerque to Santa Fe. Mountain vistas and forests share the spotlight with restaurants and ghost towns.**
- **Speaking of ghost towns, spirited renovations resurrected Madrid, which now features shops, galleries, and crafts. Visitors like to haunt the coal mine.**
- **Indian Petroglyph Park contains 10,500 primitive rock carvings.**

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SURGEON GENERAL'S WARNING: Smoking By Pregnant Women May Result in Fetal Injury, Premature Birth, And Low Birth Weight.



Silhouettes of the Past



continued from page 62

KOKOPELI LAP ROBE AND ZIGZAG PILLOW, page 54

To order full-size figure pattern, see page 149.

Materials: *For lap robe:* 45-in.-wide fabric in following amounts and colors: ⅜ yd. each turquoise and blue, ¾ yd. pink, 1 yd. purple, 1⅝ yd. gold, 1⅝ yd. backing; 5½ yd. purchased or self-made binding; 45×60-in. batting; ⅝ yd. Wonder Under transfer web; cardboard or plastic for templates; clear and matching threads.

For pillow: scraps of above fabrics; 1½ yd. piping; 12-in. pillow form.

Instructions: Unless otherwise stated, sew with right sides together using ¼-in. seam allowances.

Lap robe: Finished size, 34×54 in.

Patterns: Enlarge Kokopeli pattern (*page 67*) to scale, omitting foot tab.

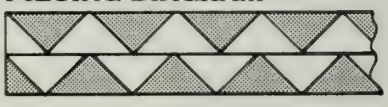
To make templates, draw 2⅞-in. and 2¼-in. squares onto template material. Divide squares in half diagonally, forming triangles. Cut out large (A) and small (B) triangle templates, adding seam allowances all around if desired.

Cutting: Cut purple as follows: 28½×30½-in. center and 2 strips 2½×30½ in. for borders. Cut gold as follows: 2 sashes 1½×30½ in. for zigzag borders, two 2½×30½-in. and two 2½×54½-in. borders. Cut 12×22-in. gold piece for Kokopeli figure. From blue and turquoise each, cut 28 A pieces and 4 B pieces. From pink, cut 56 A pieces and 8 B pieces.

Piecing: Each zigzag border is made up of 2 rows of pieced triangles sewn together in an offset manner. See piecing diagram (*below*).

For each zigzag strip gather 14 A pieces and 2 B pieces of pink and same of either blue (for outer borders) or turquoise (for inner borders).

ZIGZAG PIECING DIAGRAM



For each strip, sew 7 pink A pieces and 7 blue or turquoise A pieces together along sides, alternating both direction and color. See piecing diagram (*below left*); white areas represent pink triangles, shaded areas represent blue or turquoise triangles. Sew B triangle of alternate color to each end, squaring off strip. Sew 2 rows together along lower edge of blue or turquoise triangles forming zigzag. See piecing diagram (*below left*). Make 2 complete turquoise and 2 complete blue borders; set aside.

Fuse transfer web to gold rectangle. Trace Kokopeli (*page 67*) onto rectangle; cut out. Fuse to center of large purple piece. Machine-appliqué Kokopeli in matching thread except headdress. On headdress, appliqué one feather each in pink, purple, blue, and turquoise.

Assembly: Sew top together as follows: purple border, blue zigzag border, narrow gold sash, turquoise zigzag border, center with appliqué, turquoise zigzag border, narrow gold sash, blue zigzag border, and purple border.

Sew short gold borders to top and bottom. Sew long gold borders to sides.

Layer backing, batting, and top; baste or pin in place. Using clear thread in

needle and matching thread in bobbin, machine-quilt around Kokopeli, along outer edges of purple center, and along purple border next to zigzag border. Trim batting and backing even with quilt top. Sew binding to outer edge of top; fold to back and sew in place.

Pillow: Finished size: 12-in. square. Cut 12½-in. square from paper for pattern. Cut 1½ × 18-in. gold strip; place diagonally across pattern. Make zigzag border same as above, piecing enough triangles to fit diagonally across pattern. Sew one border to each side of gold strip having gold strip centered diagonally on pillow pattern. Trim fabric to fit pattern.

Cut purple corners to fit pattern, adding seam allowance to edge at zigzag border. Sew corners to zigzag.

Cut backing to fit front. Baste piping to outer edge. Sew backing to front leaving one side open. Turn; insert pillow form. Slipstitch opening closed.

PUEBLO DRAWERS, page 56

Materials: *For 2-drawer unit:* 6-ft. length 1 × 12 × ½-in. pine; 12 × 12-in. scrap ⅛-in. plywood or hardboard; 6 × 10-in. piece ¼-in. plywood for back; 2-in. piece ½-in.-diameter dowel; 1-in. No. 16 brads; glue; one package each of Rit dye in Royal Blue 29, Fuchsia 12, Golden Yellow 42, Tangerine 40, Seafoam Green 28, Purple 13; kitchen sponges cut to approximately 2 × 3 in.; disposable gloves; clear satin varnish.

Instructions: *Note:* Pueblo Drawers as shown on *page 56* are made in 1-, 2-, and 3-drawer sets stacked together to resemble a Pueblo village. Drawers can be made in any combination and stacked as desired. Drawers can be stacked lengthwise or crosswise. Ladders are optional. Similar ladders may be found in toy and import stores.

Directions *below* are for 2-drawer unit. To make 1- or 3-drawer unit, increase or decrease shelves and materials needed. Finished size of 2-drawer unit, 5 × 9¾ × 11 in. deep.

Drawer casing: Rip pine for sides 11 in. wide; cut 9¾ in. long. Mark center of each side for shelf. Cut dados for ½-in. shelves ¼ in. deep for top, middle, and bottom. Cut ½ × ¼-in. rabbet on back edge of sides, top and bottom shelves to fit ¼-in. plywood back. Cut back to fit. Cut shelves 4½ × 11 in., except middle shelf which is 10¾ in. long. Cut back to fit; square up. Glue and nail in place.

Drawer: Cut fronts from ½-in. pine to fit unit opening, allowing for play. On center front drill ½-in.-diameter hole ¼ in. deep for drawer pull. *Do not* insert pull. Rabbet both sides of front ¼ × ½ in. Cut sides to desired length and width to fit rabbet so drawer closes flush.

On lower back of front, cut ⅛-in. saw kerf ¼ in. up from bottom. Repeat for sides at bottom. Cut back same as front inner back. Back sits on top of bottom.

Nail drawer box together. Cut bottom from ⅛-in. plywood or hardboard to fit into bottom slot. Run bead of glue in front slot for bottom; slide in bottom. Square up; nail in place.

Dyeing: Stir dye into 4 C. very hot tap water; let cool. Using new sponge and disposable gloves for each color, sponge dye onto drawer. Repeat as necessary to achieve desired color; let dry.

Sand lightly. Glue pull into front. Apply varnish to drawer and unit.

Ladder: Rip ½ × ½-in. strips of pine 15½ in. long for rails. Make ⅛-in. saw kerf down center of rails for rungs. Rip pine to ⅛ in. thick or use ⅛-in. plywood for rungs. Cut rungs ¼ × 2 in. long. Dye rungs as for drawers.

When dry, slide rungs into rails at 1¾-in. intervals. Sand; finish with clear satin varnish.

continued on page 66

Cleaner. Drier. And now...



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continued from page 65

CHEVRON STENCILED WALL, PILLOW, AND NAPKINS, pages 54, 57, and 62

Materials: Plastic for stencil; thin-line permanent marker; crafts knife; Liquitex concentrated artist's acrylic paint in Prism Violet, Brilliant Blue, Turner's Yellow, and Medium Magenta; stencil brushes; 14×14-in. piece muslin for pillow top; 12-in. pillow form; and 17×17-in. piece muslin for each napkin.

Instructions: *Note:* Pattern given (*right*) is full size.

Using marker, transfer entire pattern to 2 pieces plastic, repeating design about 6 times. On each stencil, leave far left design uncut. Cut 1 stencil template for chevron (shaded area); cut other for triangles (white areas).

Wall: Draw level line at desired height on wall. Aligning stencil with level line, hold or tape in place. Paint chevrons blue; let dry. Align chevron marks on second template to chevrons on wall; stencil triangles purple.

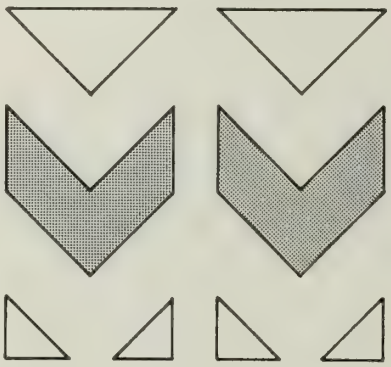
Pillow: Mark seam line on front for 12-in.-square pillow. Tape fabric tautly to flat surface. Using water-soluble marker, mark stencil line around outer edge of muslin ½ in. in from seam line.

Starting in upper right corner of pillow top and aligning design top with line, stencil 8 blue chevrons. Rotate around pillow to finish all sides.

Align templates as above; stencil purple triangles. Let dry; heat set according to manufacturer's instructions. Make into pillow as desired.

Napkin: Prepare napkin same as for pillow, allowing for hem allowance or fringed edge. Stencil 1 edge same as for pillow, repeating design 14 times and combining colors as desired. Heat set paints according to manufacturer's directions. Finish edges as desired.

CHEVRON STENCIL



'VERDIGRIS' PAINTED CHARGER PLATES, BOWLS, AND NAPKIN RINGS, page 54 and 62

To order unfinished bowls and plates or bronzing powder, see page 149.

Materials: *For charger plates:* 14-in.-diameter unfinished wooden plates.

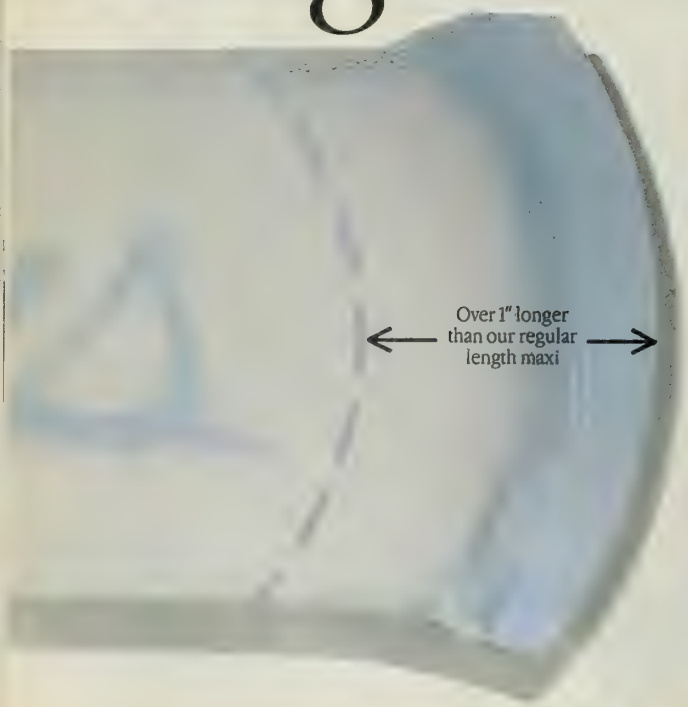
For bowls: Unfinished wooden bowls in desired sizes.

For each napkin ring: Six ¾-in. wooden beads; 3 silver and 3 copper pony beads; 12–14-in. leather boot lace; heavy twine; masking tape.

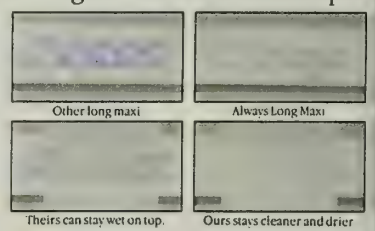
For all projects: Sherwin-Williams paint as follows: No. 1342 Cinnamon Stick in latex, No. 1747 Island Clay in oil-base; primer; Venus Bronze Powder in Roman Gold Lining No. 98 or similar bronzing powder; Deft finish; sandpaper; paintbrushes.

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Introducing the Always Long Maxi.



What's the big news about a maxi over 1" longer than our regular length maxi? It's the assurance you'll get from extra panty coverage. And we know how important that can be...especially on heavier days. Of course, since this is the Always® Long Maxi, you'll also have the advantage of our unique Dri-Weave topsheet that pulls moisture into the pad, away from you. And that helps keep the surface cleaner and drier than any other brand of long maxi you might be using now. For a cleaner and drier kind of protection, this is the Long Maxi you've been waiting for. Don't wait any longer to try it.





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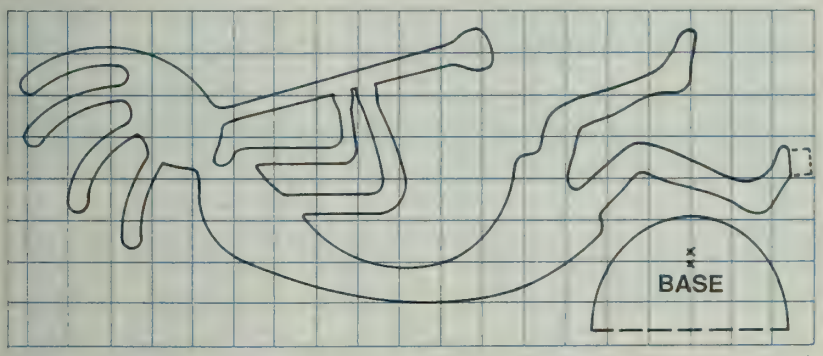
Total skincare that shields as it heals. Curél with SPF8. Make its everyday sun protection part of your daily routine.

First it shields, then it heals.



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KOKOPELI



1 Square = 1 Inch

Instructions: *Warning:* Bronzing powder and other metallic powders may cause irritation to the respiratory tract, eyes, skin, kidneys, or liver if used improperly. We recommend wearing a dust mask, eye protection, and plastic gloves when working with such powders, limiting exposure to short periods of time, and washing hands immediately after use. Read all manufacturer's labels.

Plate: Sand smooth; prime. Paint with Cinnamon Stick; let dry.

Lightly dip brush into Island Clay; wipe on edge of can and paper towels until almost dry. Spread Island Clay lightly so base coat and brush strokes show in some areas.

While paint is still tacky, dust with bronzing powder. *Note:* Application of bronzing powder should be uneven. Lightly brush bronzing powder into paint. When dry, apply Deft.

Bowl: Paint, apply bronzing powder, and finish same as for plate, leaving lip and outside unpainted.

Napkin rings: Wrap layers of twine with masking tape until wooden beads fit snuggly in place on twine. Thread all beads onto twine. Paint and finish as above. When completely dry, remove from twine.

Alternately thread beads and pony beads onto leather. Tie into circle and trim ends to desired length.

KOKOPELI SCULPTURE, page 53

To order full-size pattern, see page 149.

Materials: 10×20-in. scrap ¼-in. tempered hardboard; 6×6-in. piece ¾-in. birch for base; Sherwin-Williams paint as follows: No. 1063 Cappuccino, No. 1336 Mesquite Brown, No. 2356 Regency Gold, and No. 2328 Monte Carlo; primer; sandpaper; small natural sponge; wood glue; Deft finish.

Instructions: Finished size, approximately 19¼ in. tall.

Enlarge pattern (*left*) to scale (400 percent). Transfer Kokopeli, including foot tab, to hardboard; cut out. Transfer base to birch, flopping on dotted line to complete; cut out.

On one end of base, drill two ¼-in. holes at X marks. Cut out to form slot for foot tab; glue tab into base.

Sand and prime sculpture. Paint base coat of Cappuccino. Using a light touch, randomly sponge on remaining colors. To sponge paint, dip small piece of sponge in paint; blot on paper towel until almost dry, then gently press onto sculpture. Base color should show through in some areas. Repeat and mix colors as necessary to achieve desired shading. When dry, finish with Deft.



89% of kids would like to spend more time with their parents.

This summer, dads will teach daughters to swim. Mothers will ride roller coasters with sons. All over North America, families will grow closer when they go away. And they'll spend their nights together at Holiday Inn® hotels.

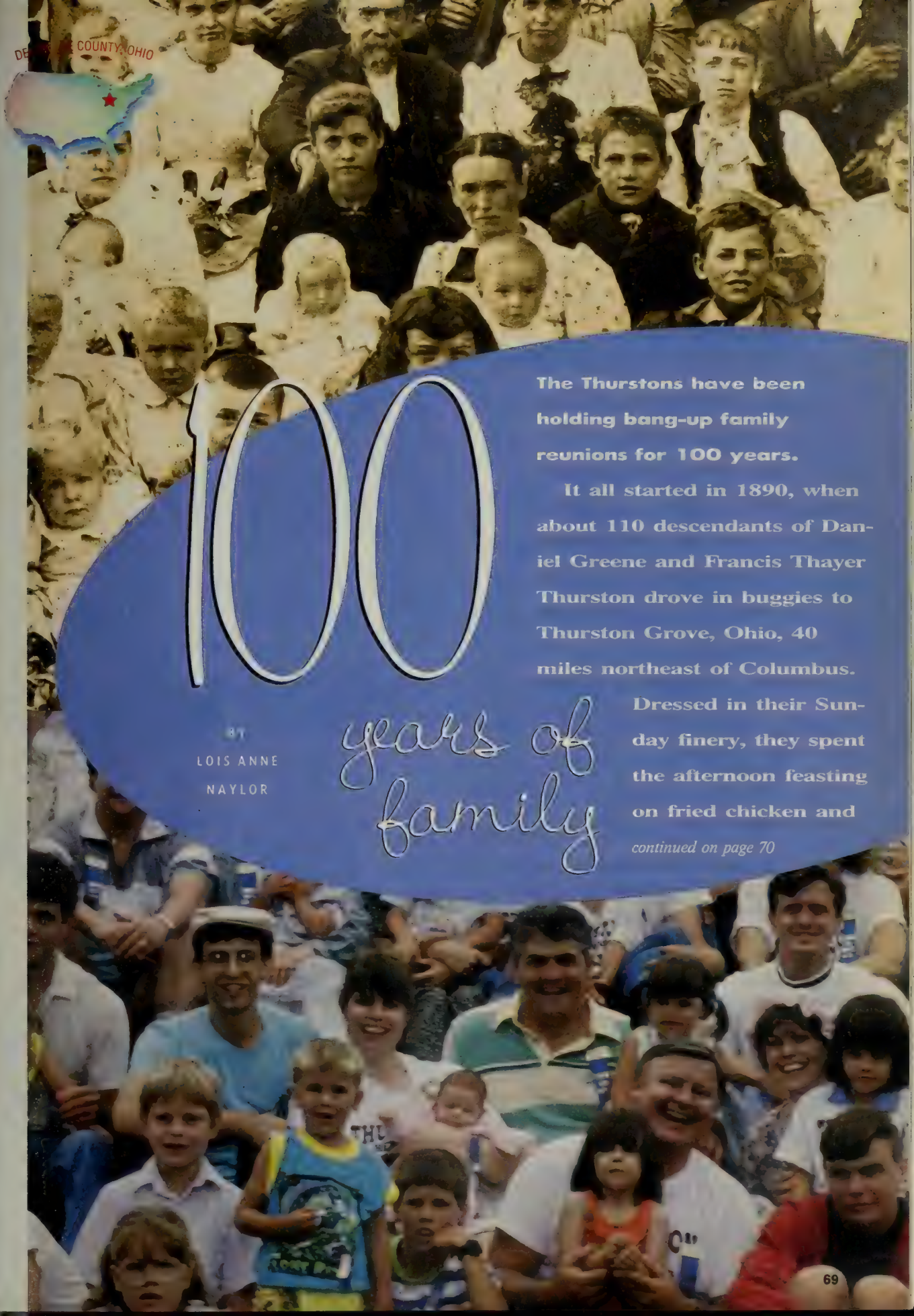
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100 years of family

BY LOIS ANNE NAYLOR

The Thurstons have been holding bang-up family reunions for 100 years.

It all started in 1890, when about 110 descendants of Daniel Greene and Francis Thayer Thurston drove in buggies to Thurston Grove, Ohio, 40 miles northeast of Columbus. Dressed in their Sunday finery, they spent the afternoon feasting on fried chicken and

continued on page 70

100 years of family

pies, playing croquet, and visiting. Every summer since, the family has met somewhere in rural Delaware County to repeat the fun.

Today's Thurstons don jeans and shorts and alight from campers and cars. The chicken may come in take-out buckets, but the joy of family togetherness is the same.

For last year's 100th reunion, relatives were encouraged to dress in outfits reminiscent of their 1890s ancestors. Bonnets, mop caps, and suspenders shared honors with official Thurston 100-year-reunion T-shirts.

Saturday afternoon, people toured the Eden Cemetery, where Daniel Greene and Frances Thayer are buried, and stopped by other historical family sites. Then everyone gathered at Ashley Community Park. Adults got reacquainted, and kids tried to master stilt walking.

A pig roast launched the official celebration that evening, followed by square dancing and a magic show. After church and a potluck on Sunday, the reunion wound up with skits and a business meeting.

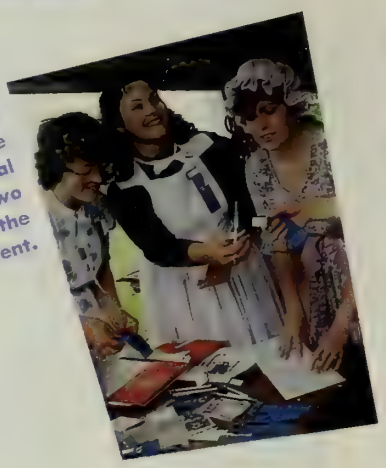
Mary Fleming credits the continued success of the family reunions to two factors: having a set date each year, and electing officers to plan the next gathering. Her sister, Ann Rammelsberg, adds that the family is laid-back and willing to take what comes. "We're not slaves to a time schedule, and we don't expect perfection."

continued on page 72



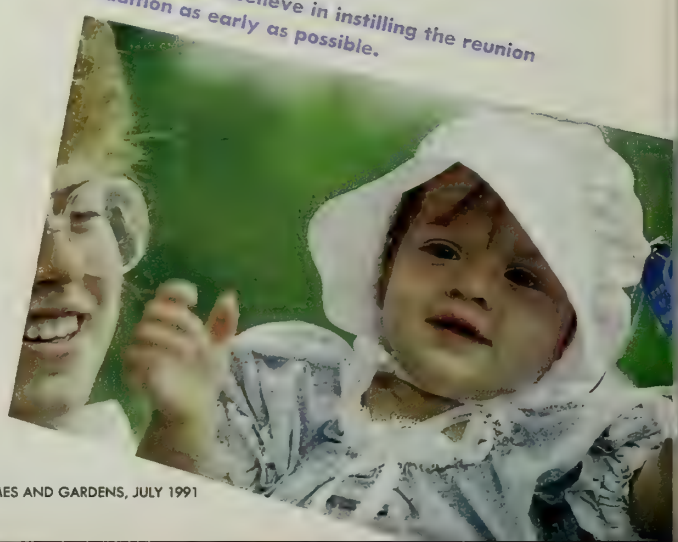
PHOTOGRAPHY: PERRY STRUSE

As Justin Tipton and Rachel LaBelle watch, Stephen Oliver attempts barrel rolling, a game played by his cousins 100 years ago.



Mary Fleming (*center*) began organizing the centennial celebration two years before the big event.

The Thurstons believe in instilling the reunion tradition as early as possible.



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Bassett furniture for baby's room...and the services of a designer approved by Better Homes and Gardens® Magazine!

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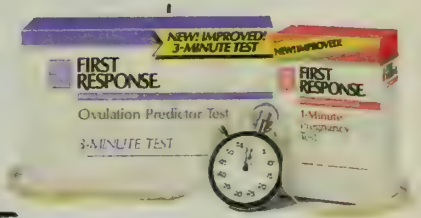
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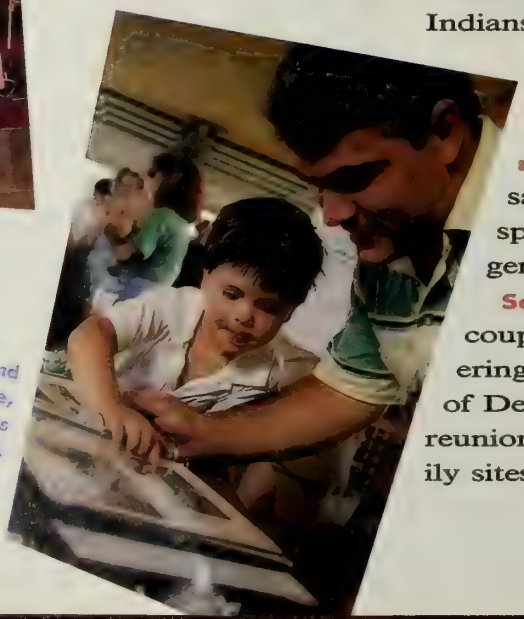
100 Years of Family



Marie Fleming and Aaron Jennings didn't know they were cousins until Aaron's family showed up for the 100th Thurston reunion.



Carl McCurdy explained the moves of each song to his relatives as all ages took part in a square dance.



Mike LaBelle and his son, Mike, study scrapbooks of family photos. The Thurstons also have compiled family histories.

Other Thurston time-tested tips:

Hire a photographer for a group picture. Then, even ace snapshooter Uncle Ed can get into the shot.

Base the entertainment on family talent. Reunions are a perfect showcase for your relatives' expertise.

Worship together. Preacher Dick Thurston, dressed in a circuit-rider's garb, based his sermon on the family's heritage. Other members sang or played the flute or keyboard.

Keep meals casual. Don't scare off folks who lack the time, resources, or inclination to cook favorite dishes. Welcome purchased potato salad as enthusiastically as Aunt Beth's famous apple pie.

Create a family tree wall-hanging. Hazel's gold quilt, embroidered with the names of four generations, served as an informative backdrop.

Make family history fun. The younger Thurstons reenacted family events, like the time in 1811 when Indians found 9-year-old Joseph and returned him, along with a gift pony, to his parents.

Make your reunion a can't-miss event. Shirley Thurston says the reunion has been a special summer tradition for generations of children.

Send advance information. A couple of weeks before the gathering, each family received a map of Delaware County highlighting reunion locations and historical family sites. A schedule of events, a

continued on page 74

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THE EXCEPTION.



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They're 97% fat free, have fewer calories, and no cholesterol.

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100 years of family

registration blank, and a form to update the official family record rounded out the mailing.

Don't give up if attendance lags. When enthusiasm began to dwindle, Mary Fleming and a few others contacted relatives who hadn't been attending, broadened the circle of people responsible for organizing the gatherings, and added new activities.

Let adolescents bring guests. Rob Thurston, 15, and his friend, Thurston-for-the-weekend Richard Blus, helped entertain younger cousins.

Vary your format. Change locales and activities.

Develop traditions. Rituals impart a sense of stability. The Thurstons end their reunions by singing *Blest Be the Tie that Binds.*

Share responsibility. Involve several generations in planning and implementing your reunion.

Update family statistics. Record births, deaths, and weddings.



For their centennial reunion last year, many of the Thurstons dressed as their ancestors might have for the first gathering in 1890 at nearby Thurston Grove.



Listed in the *Guiness Book of World Records* as the fastest magician, Doctor Eldoonie (Eldon D. Wigton) treated his relatives to a magical evening.

DELAWARE COUNTY SNAPSHOT

- Population: 71,752.
- Median house price: $78,000.
- Kilbourne, where Daniel and Francis Thurston were among the first white settlers, used to be called Eden because of its beauty.
- Describe Ashley, population 750, as a small town, and you'll be guilty of hyperbole. It boasts a grocery store, a gas station, a post office, an elementary school, a video store, and lots of cornfields.
- Ashley's R.B. Powers Ribbon Factory has produced many awards handed out at the Ohio State Fair.
- *Q:* What do people in Australia, England, and Canada have in common with Delaware County fair goers? *A:* An avid interest in the outcome of the Little Brown Jug, the final leg and richest purse of harness racing's triple crown.
- The county is a major breeding ground for horses.
- Animal house: The Columbus zoo hides out in Delaware County.
- A maze of underground passages and chambers, with such colorful names as Indian Lover's Bench, Fat Man's Misery, and Battleship Rock, lures visitors to the Olentangy Indian Caverns.
- The Shamrock Vineyard produces Buckeye Red wine.
- Ex-President Rutherford B. Hayes slept here—in a cradle.

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HOME STYLE

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Do a little flag waving with born-in-the-U.S.A. folk art. Uncle Sam is pointing out the perfectly sized magazine stash. Suggested retail: chest, $60; Uncle Sam, $90. *Sturbridge Yankee Workshop, Blueberry Rd., Westbrook, ME 04092; 800/343-1144.*



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Americans are discovering another inalienable right—the pursuit of individual style. A new breed of do-it-yourself-with-help design stores, such as Expressions, caters to your whims. Select a sofa frame, dress it with the fabric of your choice, then accessorize to the beat of your own drummer. To locate a store, contact: *Expressions, P.O. Box 6018, Metaire, LA 70002; 800/544-4519.*



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In handy 45-inch widths, these patriotic cotton fabrics let you parade your spirit around a room. Suggested retail: $4 per yard. *Wamsutta, Div. of Springs Industries, 104 W. 40th St., New York, NY 10018; 800/438-6709.*

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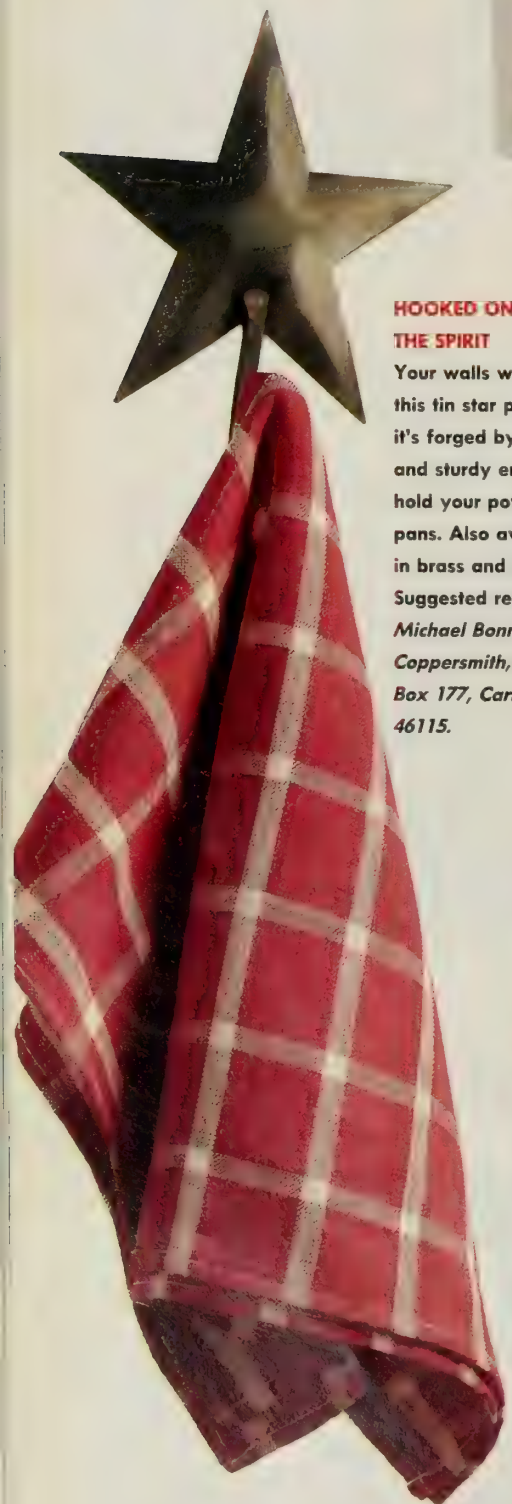
CATCH THE AMERICAN SPIRIT!

HOME STYLE



FLAG 'EM DOWN

Show your free spirit with Old Glory as your gatekeeper. This is a 36×48-inch reproduction of an 1876 gate, handmade of painted poplar. Price as shown: $850. 48L by 36H. *JWB & Co., 226 Holiday Manor Walk, Louisville, KY 40222.*



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Your walls will wear this tin star proudly; it's forged by hand and sturdy enough to hold your pots and pans. Also available in brass and copper. Suggested retail: $14. *Michael Bonne Coppersmith, R.R. 1, Box 177, Carthage, IN 46115.*





RED, WHITE, AND NEW

The free-form dash of this 12-inch acrylic server will bowl over guests at your party or picnic. Or, use it as art for a colorful room sparkler. Suggested retail: $22. *Stotter, Div. of Graduate Plastics, 245 Park Ave., New York, NY 10167; 800/327-3398.*

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With her new book on rural decorating the American way—plus the seven that preceded it—Mary Emmerling helps this country tap into its style roots. Not content to just look? You can now buy Mary's picks of Americana old and new, red, white, and blue in her American Country Store. Suggested retail: book, $40; mugs, $25 each; plates, $65 each. *American Country Store, 57 Main St., East Hampton, NY 11937.*



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FICTION:

"All disinfectants smell 'mediciney.'"

FACT:

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Today, more than ever, it makes a lot of sense to clean and disinfect. It makes sense to use Lysol brand disinfectant products. And the fact is, there's a Lysol product for every cleaning and disinfecting need you'll ever have.



Lysol

DECORATING

FIRST-TIME FINISHING

Cross the finish line with wood-grained beauty. Novice or not, these basics will make you a winner.

Gather the following materials:

- Fine steel wool (0000)
- Gelled wiping stain or liquid stain
- Mineral spirits
- Cotton cloths
- Varnish or polyurethane finish (for hand-rubbing)
- Rubber gloves
- Tack cloth
- Presealer (optional)

1 Setting up shop: Pick a relatively dust-free work station with bright light and adequate ventilation. You should be able to leave your project undisturbed for several days to allow for thorough drying or curing.

Clean the surface with mineral spirits on a cotton cloth. Then, buff the wood thoroughly with fine steel wool. Soft woods absorb stain unevenly unless they're sealed. To find out if you have a soft wood, push your thumbnail into the surface. If the wood dents, preseal it.

2 Wiping on the stain: Practice staining on scraps of wood and hidden areas of your unfinished piece to be sure you'll get the desired shade.

Apply the stain darker than you want it, using fine steel wool. The stain may appear lighter when dry, but the finish coat will restore the color of the wet stain. Allow the stain to penetrate for a few moments. With a cotton cloth, wipe away excess stain until you achieve the desired shade. Stain too dark? Wipe off more. If it's too light, apply another stain coat after the first coat dries thoroughly.

Note: If you don't like the color after you've applied it to the furniture, you can remove most of the stain with mineral spirits.

Let the stain dry overnight. Then, cure the stain under bright, warm light for several hours to assure dryness. (You may cause smearing if you apply the finish coat or additional coats of stain before the surface is thoroughly dry.) A sunny window or a hanging spotlight are good light sources for this curing step.

3 Hand-rubbing the finish: For the best hands-on finishing option, try hand-rubbing. A hand-rubbed finish avoids brush marks and forces the finish well onto the surface.

Wearing rubber gloves and using a cotton cloth, apply the finish with the palm of your hand. Allow the finish to dry thoroughly. Buff with fine steel wool to smooth uneven spots. Brush away dust with a tack cloth or vacuum the surface. Apply a second finish coat. If you're finishing an open-grain wood, such as oak, or applying varnish to a surface that will get heavy use, apply three or more coats.


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Talking Peek-A-Boo Zoo™ was designed to help children learn shapes, colors, and animals and their sounds while developing their listening and memory skills.

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Stack-A-Round Clown. Scheduled for retail availability July 1991



OUR COVER RECIPES

Fresh Fruit Ices

What's lusciously fruity, fat-free, and made with five ingredients or less? Dessert ices! Choose from a rainbow of easy-to-make versions, such as fresh berry and sunny orange—four fruit flavors in all. On a hot summer day, each spoonful is refreshingly cool and light.



Choose-A-Fruit Ice (orange)

STRAWBERRY DAIQUIRI ICE

Daiquiri fans, put away your straws. For a nonalcoholic version of this ice, substitute water or orange juice for the rum—

¾ cup sugar
½ cup water
3 cups fresh strawberries
¼ cup lime juice
¼ cup rum

In a medium saucepan combine sugar and water; bring to boiling over high heat, stirring constantly. Remove from heat. Cover and chill the mixture thoroughly.

Meanwhile, in a blender container or food processor bowl, combine strawberries, lime juice, and rum. Cover and blend or process till the mixture is almost smooth.

Stir the berry mixture into the cooled sugar mixture. Freeze in a 1- to 2-quart ice-cream freezer according to manufacturer's directions. If desired, garnish each dessert serving with a fresh strawberry half. Makes 7 servings.

Nutrition information per serving: *124 cal. (0% from fat), 0 g fat, 0 mg chol., 0 g pro., 27 g carbo., 2 g dietary fiber, 2 mg sodium. U.S. RDA: 67% vit. C.*

CHOOSE-A-FRUIT ICE

Serve fresh orange, raspberry, or strawberry ice (or all three!) in sundae dishes or scoop into sugar cones. Make it a day before serving—

1½ cups fresh orange sections (5 to 7 medium oranges) *or* two 11-oz. cans mandarin orange sections, drained, *or* 1½ cups fresh *or* frozen unsweetened raspberries *or* strawberries, thawed if frozen

• • •

⅓ cup sugar
1 cup warm water
2 Tbsp. lemon juice
Fresh mint sprig *or* berries (optional)

In a 2-cup measure stir the sugar into warm water till dissolved. In a blender container or food processor bowl combine desired fruit, sugar mixture, and lemon juice. Cover and blend or process till mixture is nearly smooth. Pour into a 9x5x3-inch loaf pan. Cover and freeze for 4 to 5 hours or till almost firm.

Transfer the frozen mixture to a chilled large mixer bowl. Beat with an electric mixer on medium speed for 2 minutes or till fluffy. Return fruit mixture to loaf pan. Cover and freeze for 6 hours or till firm.

Let the fruit ice stand about 20 minutes at room temperature before serving. To serve, use an ice-cream scoop and scrape along ice to form a scoop. If desired, garnish each serving with a mint sprig or fresh berries. Makes 6 servings.

Nutrition information per serving, using fresh oranges: *65 cal. (1% from fat), 0.1 g fat, 0 mg chol., 0 g pro., 17 g carbo., 1 g dietary fiber, 0 mg sodium. U.S. RDA: 44% vit. C.*

Strawberry Daiquiri Ice

SCOTT LITTLE

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TONIGHT

Enjoy the great taste of seafood in summer salads with *Crab Delights*® surimi seafood. Just combine *Crab Delights* flakes, mayonnaise or salad dressing, celery and onion. Serve on a bed of lettuce, or even in a sandwich. It's a refreshing new way to enjoy the great taste of crab this summer.

TONIGHT

You can also crack open the great taste of lobster with new salad style *Lobster Delights*® surimi seafood. Just toss them with olive oil, Italian seasonings and fresh sliced mushrooms. Top with Parmesan cheese and lemon. Then garnish. For fresh tasting seafood salads, you simply can't go wrong.

TONIGHT

Crab Delights and *Lobster Delights* are both ready to enjoy right out of the package. Look for them in the refrigerated seafood or fresh meat case. You'll find seafood that makes salads—or any other seafood dish—incredibly delicious.

SUMMER THIRST QUENCHERS



ILLUSTRATION: DAVE CALVER

As summer temperatures soar, so too does our thirst for cooling beverages. Relief comes in many tall and icy forms—bottled water, club soda, fruit punch, iced tea, colas, and other carbonated drinks. Yet, you need to know that some choices quench your thirst better than others. You should also make sure you're drinking an adequate amount.

How much should you drink? You can go without food for days, but you won't last long without water. Water makes up 50 to 80 percent of our bodies. (The more muscle you have, the more fluid your body has.)

To be sure you're getting enough water, drink up before your thirst mechanism kicks in. That means consuming the equivalent of eight to 10 cups of water every day. Remember, you can count the water contained in many beverages and foods. Try to drink even more in hot weather to prevent dehydration, especially before, during, and after any activity. Crankiness, irritability, and cramps can be warning signs of low fluid stores.

Water—number one thirst antidote: "For quenching thirst, nothing works better than water," says Marion Nestle, Ph.D., nutrition consultant to the United States Olympic Team and professor of nutrition at New York University. Cold water is absorbed quicker than other fluid sources. That means you can replenish the fluid in your body fastest by drinking water.

Fruit juices and fruits: Besides being sources of water, both juices and fruits contain natural fruit sugar, vitamins A and C, and potassium. For pure juice, look for the words *100 percent juice.* (The phrase *100 percent natural* does not mean all juice.) When picking fruit, include those that contain a high percentage of water (see chart, *above*).

10 THIRST-QUENCHING FRUITS

Food	*Percent water by weight*
Watermelon	**92**
Strawberries	**92**
Grapefruit	**91**
Peach	**88**
Nectarine	**86**
Blueberries	**85**
Apple	**84**
Sweet cherries	**81**
Grapes	**81**
Banana	**74**

Tomato and vegetable juices provide notable amounts of vitamins A and C, but can be high in sodium with as much as 650 milligrams in a 6-ounce serving. (Low-sodium alternatives may have as little as 41 milligrams.) High-sodium beverages may not quench your thirst because, when the sodium level in your blood rises, you crave more water.

Juice drinks, cocktails, and nectars: When a label says *juice drink, juice cocktail,* or *nectar,* the product contains only a percentage of juice. These drinks do satisfy your need for fluid, but their lower juice content translates to a poorer nutritional value than that of 100 percent juice.

Sparklers combine as much as 70 percent fruit juice with sparkling water. (You can make these by mixing fruit juice with carbonated water.)

Juice drinks, juice cocktails, and *nectars* range from 10 to 50 percent juice. Cranberry juice cocktail, for example, contains around 30 percent fruit juice. (Pure cranberry juice is too bitter to drink straight.) *Fruit punch* may have no juice at all.

Sports drinks: So-called *sports drinks* may offer a marginal advantage over water during intense competition (two hours or more). They contain sodium, potassium, and other electrolytes that can be lost in sweat. The average person will not suffer significant losses in a 30-minute workout, so sports drinks may not be needed.

Alcoholic beverages and caffeine: Other beverages can taste great on a hot summer day, but may not count toward the fluid your body needs. *Alcohol,* for example, dehydrates your system. You can lose fluid when you quaff a beer, wine, or a mixed drink.

Caffeinated beverages, such as iced tea and coffee, leave you dry because caffeine acts like a diuretic, meaning it causes you to excrete fluids rather than retain them. (Many carbonated beverages also contain caffeine, but in smaller amounts than coffee or tea.) For that reason, discount high-caffeine beverages as part of your liquid intake.

BY MAUREEN CALLAHAN, M.S., R.D.



"Freedom" by Charles Fracé

Shown smaller than actual
diameter of 8½ inches.
22-karat gold band
©1990 W. S. George

The soaring majesty of America's symbol of freedom . . .
a Bradford Exchange recommendation



Sky-dancing high overhead, the Bald Eagle's trademark white hood and tail feathers emerge in bold relief against the dark silhouette of the Mackenzie Mountains. A dramatic tribute to the Bald Eagle, "Freedom" is created by renowned wildlife artist Charles Fracé and sponsored by the prestigious World Center for Birds of Prey in Boise, Idaho. Produced in fine china with 22-karat gold band, it's available now – and it looks like a smart buy. Here's why Bradford recommends it:

"Freedom" is an important first issue – the first in the Soaring Majesty series hallmarked by W. S. George Fine China, in affiliation with the Bradford Exchange.

It's an important work of art inspired by Charles Fracé's own original painting. Attesting to its importance, each plate is hand numbered and accompanied by a Certificate of Authenticity.

It has the potential to appreciate in value. The edition of "Freedom" is limited to a maximum of 150 firing days. Once the edition closes, collector's demand could exceed the supply of plates and force asking prices up dramatically.

The Bradford Exchange – picking winners since 1973. Worldwide, limited-edition plates are the *only* collectibles traded on an organized exchange. And with offices in the United States and nine other countries, Bradford is at the very heart of this exciting international market. That means Bradford analysts can often spot trends in the making.

If, for example, you had followed one of our major recommendations in 1978, you would have bought the first issue in the *Gone With the Wind* series, a plate that now trades at $248.00* – more than 1,000% of its $21.50 issue price. More recently, if you had acquired "The pintail," first issue in the Knowles *Living With Nature: Jerner's Ducks* series, you would now own a plate valued at nearly five times its 1986 issue price.

Like any marketplace subject to the laws of supply and demand, the plate market is ever changing. Not all plates go up in value; some go down. But right now, Bradford Exchange analysts rate "Freedom" as one of the year's top prospects . . . and we'll back your purchase with our 365-day unconditional guarantee.

To acquire "Freedom" at its $29.50 issue price – simply fill out and mail the order form provided. *Send no money now.* You will be billed when your plate is shipped. But don't delay. The time to get "Freedom" is now – *before* it has a chance to increase in value.

1990 BGE

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 BY JOEL LEVIN AND STEFANIA COHEN

THE NEW CARS AT ROCK-BOTTOM PRICES



Suzuki Swift GA



Toyota Tercel

CONSUMER TIP:

Almost everything about the econo-cars is small, including the dealer's profit. Several times, we found ourselves "steered" away from the bottom-dollar car. Insist on seeing what you came in for, take a test drive, and shop several dealers.

There are no more nickel candy bars, but there are still some $7,000 cars. The standard 1991 models of every automobile we tested for this article listed for $6,800 or less, exclusive of transportation and dealer prep charges. Depending on the dealers and the going rebates, you could pay more or less.

What do you get? Reliable transportation and new-car smell. Good gas mileage, easy parking, and a car less likely to be stolen. Generally, the same quality as in bigger cars. Plus, lower maintenance bills, because replacement parts and tires are smaller and cost less. What you won't get are extensive soundproofing and interior padding, or luxurious decor. You may not get such niceties as a right-hand mirror, rear defogger, and thick carpeting. And, because the major cost-saving strategy is to keep everything small, there's less room for passengers and cargo.



Hyundai Excel

All these cars come with a four- or five-speed manual transmission as standard equipment, with automatic an option, for extra money. The engines can be zippy, but they won't have that extra pep that bigger cars command for passing and traffic merging. Options like power steering (not necessary in a light car), radio, and air conditioning are available on most at extra cost.

Good fuel economy is a real plus. We could not test each car under identical conditions, so we have used Environmental Protection Agency (EPA) mileage-per-gallon (mpg) figures. They can help you rank the cars, but won't necessarily match your mileage.

TOYOTA TERCEL; $6,488

The Tercel is longer, (162 inches), wider, and heavier than most economy cars. The 1.5-liter engine offers 85 hp. for easy interstate cruising; 90 ft.-lbs. of torque give quick throttle response. The curvaceous lines are a refreshing contrast to the "stacked boxes" styling of other cars in this class. Inside, we found hospitable seating for five and a friendly, elegant dash and wheel. The rear-seat area is spacious, as is the trunk (all other cars we tested were hatchbacks). Warranty: 3/36,000; powertrain, 5/60,000. Mpg: 33/37.

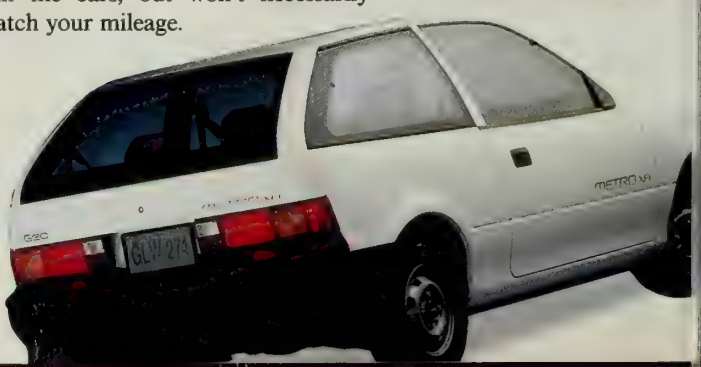


Ford Festiva

FORD FESTIVA; $6,648

Designed by Mazda in Japan, built by Kia in South Korea, and imported to the U.S. by Ford, the Festiva offers an efficient, peppy (0–60 in less than 11 seconds) package in a micro-size four-seater (140½ inches long). The 1.3-liter engine sends 63 hp. and 73 ft.-lbs. of torque through an easy-shifting, five-speed transmission. The clutch requires little pedal effort, but the steering is heavy and has a

GEO Metro XFI



continued on page 95

DEEP DISASTER:

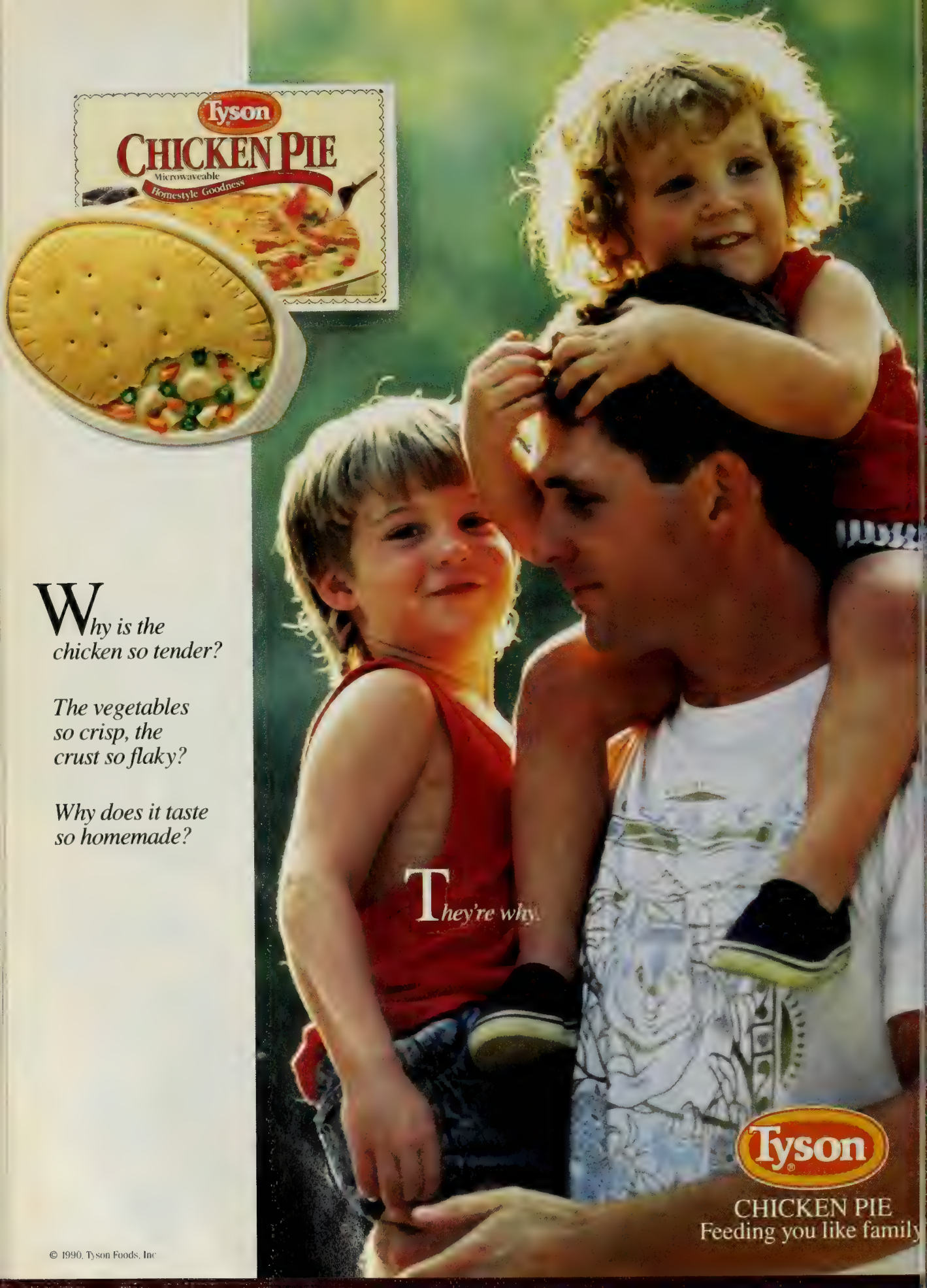


DEEP CLEAN:



WHEN STAINS GET DEEP IN
ULTRA TIDE GETS THEM CLEAN OUT.

© 1991 The Procter & Gamble Company



© 1990, Tyson Foods, Inc

LOW-COST CARS

continued from page 92

bothersome springy feeling when returning to center after a turn.

Its short length gives the Festiva great maneuverability. We both found the front seats soft, but comfortable and grippy. Legroom was ample for an adult in the back. Chatting with folks in front was audible even on highways. Warranty: bumper-to-bumper, one year or 12,000 miles; powertrain, 4/50,000. Mpg: 35/41.

SUZUKI SWIFT GA; $6,699

The Suzuki Swift GA and the Geo Metro XFI (*below*), built in the same plant, share a chassis, silhouette, many features, and similar prices. Each has an abundance of glass, a uniquely curved rear hatch, and a sharply sloped nose—highlighted by flush-mounted halogen headlights on the Suzuki, conventional rectangular lamps on the Geo. The Suzuki rides on 13-inch wheels and tires, superior to the Geo Metro's 12-inchers. The 12-foot frame fits four nicely.

Our test Suzuki went everywhere with ease and did fine in fresh-fallen snow. On rough roads, we felt like a marble rolling down a staircase. Once we got used to this, we felt safe, and enjoyed the super-light steering and shifting. The only handling complaint was the Suzuki's tendency to "dance" in crosswinds.

The GA comes standard with a five-speed gearbox and a 1.3-liter engine of 70 hp. and 74 ft.-lbs. of torque. The four-cylinder engine pulled satisfactorily in all ranges, but was especially smooth at top speed—unlike many four-cylinder motors, which tend to vibrate and buzz, especially at passing speeds. Warranty: 3/36,000. Mpg: 39/43.

GEO METRO XFI; $6,795

Although the same basic car as the Suzuki (*above*), the Geo Metro XFI from Chevrolet differs in one major way: It uses the undisputed mileage-champ, a 3-cylinder, 1.0-liter engine (49 hp., 58 ft.-lbs. of torque) that gets 53 mpg in town, 58 on the highway.

The XFI starts with an endearing growl and runs smoothly, its idle only slightly rougher than Suzuki's four-cylinder. Certainly no drag-racer, the Metro wasn't so slow that it scared us in traffic on superhighways. A quick shift from fifth to third gear enabled us to pull ahead comfortably in the passing lane. This lightest (1,620 pounds) auto of them all was the easiest to drive and park, and we did it all for a dollar a day in gas. Warranty: 3/50,000. Mpg: 53/58.

SUBARU JUSTY; $6,295

Here's basic transportation: three cylinders, four wheels, five speeds. Justy can keep four humans out of the rain—if they like being close—hits 60 in 13 seconds with its noisy, hardworking, 1.2-liter engine (66 hp., 70 ft.-lbs. of torque). We found the car easy to operate, but had no place to park the left foot on the driver's or the front-seat passenger's side. Rear-seat passengers had scant legroom, too. Warranty: 3 years/36,000 miles. Mpg: 33/37.



Subaru Justy (trim shown not on base model described in article).

HYUNDAI EXCEL HATCHBACK; $6,375

Comparable in weight and dimensions to the Tercel (*p. 92*), the Excel we tested had even more of a big-car feel and big-car ride. Performance with the 1.5-liter engine (81 hp., 91 ft.-lbs. of torque) was solid, with healthy acceleration in all four gears.

Excel is a five-seater with great legroom for the driver. Rear seating was comfortable, not cozy, but knee room could be better. The firm steering felt right when the tires were rolling, but made parking a bit tough.

We have nothing but praise for the many other features, including the greatest cargo capacity of the cars tested, removable lid over hatch area, back seat that folds in a 60/40 split, dual remote-control mirrors, glove compartment with lock, quality cut-pile carpet throughout, a rear defogger with a timer, tape storage, intermittent wipers, and one-year membership in Hyundai's Roadside Assistance Plan. Warranty: 3/36,000. Mpg. 29/33.

Yugo GV



YUGO GV; $4,825

The smallest of the group, Yugo also carries the smallest price tag. If you can ignore the buslike steering-wheel angle, pedals too close to the driver's body, no resting place for the driver's left foot, a five-speed shifter that feels stiff and rubbery, no glove box, and an uninspired shape, you're left with a car that feels as if it could run forever.

Beyond the basics, you get a standard rear wiper and a generous warranty: brakes, bulbs, filters, oil, wipers, wheel alignment, and towing for a full year; engine and powertrain for four years or 40,000 miles. The four-cylinder motor yields 67 hp. and 74 ft.-lbs. of torque. Performance: unexciting, but it keeps up with traffic. Mpg: 27 city/34 highway. BH&G

ENTER THE
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GREAT AMERICAN BARBECUE RECIPE CONTEST!

MORE THAN $10,000 IN PRIZES!

Do you have a sensational grilled meat recipe or a secret barbecue sauce? Or, are recipes for summer salads, breads, or casseroles your specialty? Share your original recipes for summer barbecues with us, and win big! Plus, the food manufacturers listed below will award $500 to the top recipe using their product.

Send us your best recipes for Grilled Favorites or Great Barbecue Go-Alongs. Tell us why the recipe is special, and a little bit about its background. We're looking for recipes with family appeal or ideas for special summer get-togethers. Simply fill in the entry blank and mail your entry so that it is postmarked by August 15, 1991. Top winning recipes will be featured in a summer 1992 issue of **Better Homes and Gardens®** magazine.

8 TOP PRIZES!

In each category, Grilled Favorites and Great Barbecue Go-Alongs, we will award:

Grand prize: $2,000
First, Second, and Third place: $1,000
Plus, 50 Honorable Mentions will receive a **Better Homes and Gardens®** barbecue cook book.

MORE CHANCES TO WIN!

The following companies will award $500 to the top recipe using their product:

California Tree Fruit Agreement *(fresh peaches, plums, nectarines, and/or pears)*
National Pork Producers Council *(any cut of pork)*
Tetley Tea
Wishbone® Dressings

CONTEST RULES

1. Type or write each entry on a separate piece of paper and mail it with a completed entry form. Only one entry per envelope. Give all measurements in level cups, tablespoons, and teaspoons. Explain in 100 words or less why this is a favorite recipe and its origin.
2. If you use a co-sponsor product in your recipe, include the brand name in your recipe. To be eligible for a co-sponsor prize, check box on entry form. All recipes, including eight top prize winners, are eligible to win a co-sponsor prize. Only one co-sponsor prize will be awarded per entry. Residents of Arizona, Maryland, and Vermont are not eligible to enter co-sponsor portion of this contest.
3. Entries must be postmarked by August 15, 1991. No responsibility is assumed for lost, late, or misdirected entries.
4. Entrants must be residents of the U.S.A. Employees of Meredith Corporation, California Tree Fruit Agreement, National Pork Producers Council, Allied Lyons North America Corporation (Tetley Tea), Unilever Wishbone® Dressings, their agents, affiliates, subsidiaries, and families are not eligible.
5. The winners will be selected on or about December 1, 1991. Winners will be notified by mail and prizes delivered on or about March 1, 1992.
6. All winners will be required to sign an affidavit certifying that their entries are original and not previously published.

All entries and materials submitted become the property of Meredith Corporation and will not be returned or acknowledged. All rights, title and interest, including copyright rights, of winning recipes belong to Meredith Corporation. Meredith Corporation reserves the right to adjust and edit winning recipes.

7. All recipes will be judged by Meredith Corporation based on taste, appearance, appeal, and creativity. Recipes will also be judged for suitability for summer barbecues. The decisions of the judges are final.
8. Subject to all federal, state, and local laws and regulations. Void where prohibited. Applicable taxes are the sole responsibility of the winners.
9. For a list of prize winners (available after March 1, 1992) send a separate, self-addressed, stamped envelope to: Great American Barbecue Contest, Better Homes and Gardens Food Dept., 1716 Locust Street, Des Moines, IA 50336.

GREAT AMERICAN BARBECUE RECIPE CONTEST

Enclosed is my entry for the following category:

Grilled Favorites (This includes recipes that are cooked on the grill.)
❑ Meat, poultry, seafood, or game
❑ Sauce, glaze, or marinade
❑ Appetizer ❑ Vegetable ❑ Bread ❑ Dessert

Great Barbecue Go-Alongs (This includes recipes that would be served with grilled foods.)
❑ Appetizer or snack ❑ Beverage ❑ Salad ❑ Casserole ❑ Dessert

Check here if recipe uses a co-sponsor product.
❑ **California Tree Fruit**
❑ **National Pork Producers**
❑ **Tetley Tea**
❑ **Wishbone Dressings**

NAME OF RECIPE: _____

Mail entry to:
BH&G® GREAT AMERICAN BARBECUE RECIPE CONTEST
P.O. BOX 9266
Des Moines, IA 50306

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

All entries must be postmarked by August 15, 1991.
Only one entry per envelope.

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Miracle Whip® Salad Dressing has 1/3 less oil than ordinary mayo. Plus the Tangy Zip that's just right for today's sandwiches.

Reach for the Zip 

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MARKET PHOTOS: ANDY LYONS

Fresh summer recipes from your farmers' market

BY JOY TAYLOR



Come the weekend, my favorite family outing is to the local farmers' market. The honest freshness of vegetables, fruits, and herbs tempts me to buy everything in sight. It's satisfying to support the hardworking folks in my community. And, it feels great to shop in the sunshine.

The directory of farmers' markets on *page 122* will help you find one in your area. Then pack up the kids, as I do in Des Moines, to turn shopping into family fun. At home, enjoy your fresh-bought goodies in the dishes on these pages.

Recipes begin on page 109.



CORN WITH SAVORY-LIME BUTTER. Iowa corn—arguably the best in the country. Herb butter—undeniably the tastiest spread for fresh-cooked ears.



FOOD PHOTOS: JOAN VANDERSCHUIT. FOOD STYLIST: MABLE HOFFMAN. PROP STYLIST: SHARON HAVEN

ASIAN GAZPACHO

Expect to see more Amerasian foods like bitter melon, daikon, and cilantro in markets, as the popularity of oriental cooking grows. This chilled soup shows off these specialties at their freshest and finest.

Recipes begin on page 109.



Shoppers: Ask about the unfamiliar.

This summer, you'll find Mexican peppers and Asian vegetables, alongside perennial favorites like tomatoes and corn.

FARMERS' MARKET

Fresh summer recipes



RED TOMATO AND YELLOW PEPPER SALAD

Here's what summer eating is all about—ripe, succulent tomatoes and crisp peppers, accented with the mildly sharp taste of Dijon mustard and blue-veined cheese. Great taste, great looks, and healthful, too.



Don't forget to stop and smell the flowers.

FARMERS' MARKET

Fresh summer recipes



FARMERS' MARKET PASTA WITH SCALLOPS

Dinner on your deck is all the more inviting when you stir-fry vegetables and scallops, then toss them with fettuccine and herbs. A glass of wine complements, cools, and soothes.

Recipes begin on page 111.

SUMMER VEGETABLE CASSEROLE

A down-home casserole scores big with families. Fresh beans, summer squash, tomatoes, and pasta in a Swiss cheese sauce tag this one a winner.



A market rule of thumb: Arrive early in the morning to get the pick of the crops.









FARMERS' MARKET

Fresh Summer recipes

Great people-watching rounds out your early-morning fun.

DUTCH BABIES WITH FRESH FRUIT Heap your fruit basket or bag with the treasures of summer. At home, mix two or three varieties to spoon over little puffy pancakes.

HONEYDEW, RASPBERRIES AND CREAM Cap berries and melon with a velvety, three-ingredient sauce for a simply splendid dessert.

BLUSHING FRUIT COMPOTE Pair a painter's palette of midsummer fruits—cherries, berries, plums, and watermelon—with a refreshing wine cooler. Sip and spoon at your leisure.

Recipes begin on page 112.



Friendly folks highlight every market trip.



FRESH PEACH-RASPBERRY COBBLER. Come market time, search for 2 pounds of perfectly ripe peaches and a pint of fresh red raspberries. The old-fashioned cobbler you whip up will keep your family yearning for summer all year long.
NECTARINE BLUEBERRY BREAD. Serve this fruit-filled loaf with a crackly almond streusel topping for breakfast or brunch, and watch it go fast.
Recipes begin on page 114. Buying information, page 145.

FARMERS' Fresh Summer recipes MARKET

MARKET TIPS

- Know the market's hours, and get there early for the best selection. Later in the day, there's less to pick from, but you may find reduced prices.
- Bring a sturdy shopping bag to tote moist produce.
- When you arrive, scout out all the vendors' displays to see what's available and to find the best-looking, best-priced produce. Then go back to buy.
- Get acquainted with the farmers. You'll learn about their specialties—and they may remember you with special offerings next time you go to market. If you aren't familiar with a food they sell, ask how to prepare it. They may even share a recipe with you.
- Know the produce prices in the local supermarket. That way, you can compare the market's prices to figure out the best deals.
- Don't go overboard! Everything at a market looks so tempting, you can easily buy more than you can use. Remember how much refrigerator space you have at home and know your grocery needs for the week ahead. But remain flexible so you can still buy items that look really good.

continued on page 109

After shopping, relax and take in the crowd.



MINUTE

• ORIGINAL INSTANT RICE •



BBQ CHICKEN AND RICE

- 2½ pounds chicken pieces
- 2 tablespoons oil
- 1¼ cups barbecue sauce
- ¾ cup water
- 1½ cups Original MINUTE® Rice
- 1 cup sweet corn

Garnish: Green and red peppers as desired.



- Brown chicken in hot oil in large skillet.
- Stir in barbecue sauce and water. Cover; cook over medium-low heat 20 minutes, or until tender.
- Stir in rice and corn. Cover; reduce heat and simmer 5 minutes.

Makes 4 servings.

FAST, EASY AND ALWAYS DELICIOUS.

RICE-IPES

• SHRIMP SCAMPI • STEAK AND PEPPER RICE • ORANGE CHICKEN WITH RICE •

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WIN MONEY

IN THE BETTER HOMES AND GARDENS® PRIZE TESTED RECIPES® CONTEST!

TWO TOP WINNERS: $200
TWO RUNNERS-UP: $100
SIX HONOR ROLLS: ONEIDA SILVER-PLATE ROUND TRAY

How would you like to win $200 or a new product for your home? It's easy! Just send your original recipes to our monthly *Better Homes and Gardens* Prize Tested Recipes Contest. Each month, we ask you to send us recipes that fit the two recipe categories. Then, it's up to us to kitchen test and taste the entries and choose the winning recipes.

Seven months later, we feature the four top recipes on the Prize Tested Recipes pages. Along with the prize money or honor roll gifts, all winners receive a framed certificate and six copies of their recipe.



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HINTS TO HELP YOU GET STARTED FOR THIS MONTH'S CATEGORIES

Low-Fat Entrées

- Healthful versions of favorite, home-style dishes
- Light entrées showcasing fish or poultry
- Timesaving main dishes featuring lean cuts of beef or pork
- Savory low-fat marinades for meat or seafood

Light Desserts

- Treasured dessert favorites using lower-fat ingredients
- Microwavable low-calorie sweets
- Healthful desserts featuring fresh fruits or fresh fruit sauces

WINNERS IN THIS ISSUE (pages 119 and 120)

$200 Winners

Debbie Del Toro
Ventura, Calif.
Georgia L. Olin
Columbia, Mo.

$100 Winners

Mrs. Louise Fuller
Eros, La.
Linda McLane
Colorado Springs, Colo.

Honor Roll Winners

Pamela Czerwin, *Oceanside, N.Y.;* Julie Fredrickson, *Harrisonville, Mo.;* Julie Griffin, *Scotts Valley, Calif.;* Sheila Hughes, *Seattle, Wash.;* Mrs. Cindy Lueders, *Camarillo, Calif.;* Mary Miller, *Pismo Beach, Calif.*

CONTEST RULES

1. Contest is open to U.S. residents, except Meredith Corporation employees, its affiliates, subsidiaries, and families.

2. With each entry, type or print your name, address, and recipe marked "February Low-Fat Entrées" or "February Light Desserts." Specify ingredient brands and recipe origin.

3. Address recipes to 9202 Food Dept., Better Homes and Gardens, Des Moines, IA 50336.

4. Postmark all entries by July 31, 1991.

5. Winners will be selected about 60 days later, then notified by mail.

6. Entries must be original, and will be judged on creativity, taste, and practicality by BH&G® editors.

7. Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corp. We reserve the right to adjust winning recipes.

8. Entry constitutes permission to use winner's name and hometown name for editorial and promotional purposes.

Anne Thompson used three packets of Good Seasons® this week.
And didn't make a single salad.

Farmers' Fresh Summer recipes Market

Pictured on pages 99–106



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MORE MARKET TIPS

- **If you plan to can or freeze any fruits and vegetables, consider purchasing slightly imperfect ones. You may even be able to barter with a farmer over bruised produce, especially if it's late in the day.**
- **Wait to buy the more delicate items, such as fresh herbs and flowers, until just before you leave.**
- **Give your purchases plenty of TLC. Go home right away to refrigerate fresh items. Stash a spray mister or cooler in your car to keep foods fresh during the trip home.**
- **Keep baby strollers and bikes away from the crowds.**
- **Have a great day!**

CORN WITH SAVORY-LIME BUTTER

Plan on at least two ears for lovers of fresh corn—

8 fresh ears of corn
½ cup butter, softened
1 Tbsp. snipped fresh savory *or* 1 tsp. dried savory *or* thyme, crushed
1 tsp. finely shredded lime peel

● **Remove the husks** from fresh ears of corn; scrub with a stiff brush to remove silks. Rinse. Cook, uncovered, in enough lightly salted boiling water to cover for 5 to 7 minutes or till tender.

● **Meanwhile,** in a small bowl thoroughly combine the butter, savory, and lime peel. Serve herb butter with hot corn. Store any remaining butter, covered, in the refrigerator. Makes 8 servings.

Nutrition information per serving: *226 cal. (47% from fat), 13 g fat, 31 mg chol., 4 g pro., 29 g carbo., 5 g dietary fiber, 116 mg sodium. U.S. RDA: 17% vit. A, 13% vit. C, 25% thiamine, 14% niacin.*



ANDY LYONS

Sort through the ears of corn yourself.

THE PERFECT EAR

Buy sweet corn that was picked no more that 24 hours ago (preferably sooner). The less time from field to table, the sweeter, more tender the corn. Sort through the corn to find the best ears. Pull back the husk on an ear to look at the kernels. Whether yellow or white, the kernels should be in even rows, and look reasonably plump and milky.

ASIAN GAZPACHO

Serve bowls of this chilled soup as an appetizer, or as a light meal along with a sandwich or salad—

4 oz. bitter melon *or* 1 small zucchini
4 cups chicken broth
1 cup chopped cucumber
1 large red *or* green sweet pepper, chopped (1 cup)
½ cup thinly sliced green onion
½ cup chopped celery
½ cup chopped daikon (Japanese radish)
⅓ cup rice vinegar *or* white wine vinegar
¼ cup snipped fresh cilantro (optional)
1 Tbsp. soy sauce
1½ tsp. sesame oil
Few dashes bottled hot pepper sauce
½ cup enoki mushrooms (optional)

● **Halve bitter melon lengthwise;** remove seeds (see tip below). Cut bitter melon or zucchini into julienne strips (you should get about 1 cup).

continued on page 110

ICE & EASY

Make a Little Magic with KRAFT Marshmallows.



Fat-Free **Strawberry Ice**

Prep/Cooking time: 15 minutes plus freezing

- 4 cups (about 2 pints) strawberry halves
- 1 bag (10½ ounces) KRAFT Miniature Marshmallows
- 1 tablespoon milk
- 1 tablespoon lemon juice
- 1 teaspoon grated lemon peel

- Place strawberries in blender or food processor container fitted with steel blade; cover. Blend until smooth.
- Microwave marshmallows and milk in large mixing bowl on HIGH 1 to 2 minutes or until smooth when stirred, stirring after 1 minute.
- Gradually add strawberries to marshmallow mixture, beating until well blended. Blend in juice and peel.
- Pour into 9-inch square baking pan; freeze 2 hours or until almost firm.
- Coarsely chop mixture; spoon into chilled mixing bowl. Beat with electric mixer until smooth; freeze 4 to 6 hours or until firm. Makes 6 to 8 servings.

KRAFT

FRESH SUMMER RECIPES

continued from page 109

● **In a large bowl combine** bitter melon or zucchini, broth, cucumber, sweet pepper, onion, celery, daikon, rice vinegar, cilantro, soy sauce, sesame oil, and hot pepper sauce. Cover and chill for 4 hours or overnight.

● **To serve,** ladle into soup bowls. Sprinkle with enoki mushrooms, if desired. Makes 6 to 8 side-dish servings.

Nutrition information per serving: *55 cal. (35% from fat), 2 g fat, 0 mg chol., 4 g pro., 5 g carbo., 1 g dietary fiber, 702 mg sodium. U.S. RDA: 14% vit. A, 62% vit. C.*

INGREDIENT KNOW-HOW

These tips will help you become familiar with the makings for Asian Gazpacho—

Bitter melon: **This green vegetable may remind you of a pebbly skinned cucumber. Scrape out the seeds with a spoon, and enjoy the meaty bitter-tasting skin raw or cooked as you would use zucchini.**

Daikon: **Also called Japanese radish, this large white vegetable has a peppery flavor. To use, peel off the outer layer as you would a carrot. Chop, slice, or shred to enjoy raw or stir-fried.**

Rice vinegar: **Compared to most other vinegars, rice vinegar is mild and slightly sweet. Substitute white or cider vinegar, if desired.**

Cilantro: **This green leafy herb (also known as fresh coriander or Chinese parsley) has a stronger flavor and fragrance than American parsley. Use it sparingly when you first try it. Rinse and snip, as for other herbs, before using. As with all fresh herbs, cilantro is highly perishable; keep it stored in a plastic bag in the refrigerator.**

RED TOMATO AND YELLOW PEPPER SALAD

Brighten a summer buffet table with this beautiful yet simple salad—

- **2 Tbsp. olive oil**
- **2 Tbsp. white wine vinegar**
- **1 Tbsp. snipped chives *or* sliced green onion**
- **2 tsp. snipped fresh basil**

Anne's Honey Mustard Masterpieces.
Pour prepared Good Seasons® Honey Mustard Dressing over chicken parts. Marinate in refrigerator at least 3 hours. Cook as desired.
You Make It Fresh. You Make It Best.™


1 tsp. sugar
½ tsp. Dijon-style mustard
⅛ tsp. pepper
3 large yellow sweet peppers, thinly sliced into rings (about 3 cups)
3 large (1 lb.) red tomatoes, sliced
Fresh spinach leaves
3 oz. Gorgonzola cheese, crumbled (⅔ cup)

● **For dressing,** in a screw-top jar combine oil, vinegar, chives, basil, sugar, mustard, and pepper. Cover and shake well. Chill.

● **In a skillet cook** sweet pepper rings, covered, in a small amount of boiling water for 1 to 2 minutes or just till crisp-tender; drain and cool. Chill, if desired.

● **To serve,** arrange tomato slices and sweet pepper rings on a spinach-lined platter. Sprinkle crumbled cheese atop salad. Shake dressing to mix, then drizzle atop salad. Makes 4 to 6 side-dish servings.

Nutrition information per serving: *195 cal. (62% from fat), 14 g fat, 19 mg chol., 8 g pro., 12 g carbo., 4 g dietary fiber, 439 mg sodium. U.S. RDA: 19% calcium, 10% iron, 87% vit. A, 223% vit. C, 13% thiamine, 16% riboflavin, 10% niacin.*

SUMMER VEGETABLE CASSEROLE

Satisfy hungry picnickers with this fresh-tasting dish. To tote the hot casserole, wrap it in a bath towel and stow it in a plastic-foam container. It will stay hot for up to 2 hours—

3 cups green beans bias-sliced into 2-inch pieces
2½ cups medium bow-tie pasta (about 6 oz.)
2 medium yellow summer squash, cut into julienne strips (3 cups)

• • •

2 cups sliced fresh mushrooms
1 cup chopped onion
3 Tbsp. snipped fresh basil *or* 1½ tsp. dried basil, crushed
2 Tbsp. snipped fresh oregano *or* 1 tsp. dried oregano, crushed
2 Tbsp. margarine *or* butter
2 Tbsp. all-purpose flour
½ tsp. salt
¼ tsp. pepper
2¼ cups milk
½ cup shredded process Swiss cheese (2 oz.)
1 to 2 Tbsp. Dijon-style mustard
Few drops bottled hot pepper sauce
4 to 6 plum tomatoes, diagonally sliced (about 2 cups)
1 cup soft bread crumbs
¼ cup grated Parmesan cheese

● **In a 4-quart saucepan** or Dutch oven cook green beans, loosely covered, in 8 cups lightly salted boiling water for 5 minutes. Add the bow-tie pasta; return to boiling and boil for 5 minutes more. Add squash; return to boiling and boil gently for 5 minutes more or till vegetables and pasta are tender. Drain. Set aside.

● **Meanwhile, in a large skillet cook** mushrooms, onion, basil, and oregano in hot margarine or butter till tender. Stir in flour, salt, and pepper. Add milk all at once. Cook and stir over medium heat till slightly thickened and bubbly. Stir in Swiss cheese, mustard, and hot pepper sauce; cook over low heat for 1 minute more.

● **Gently toss cheese sauce** with pasta-vegetable mixture. Add tomatoes; toss gently. Spoon mixture into a 3-quart casserole or 13x9x2-inch baking dish. For topping, stir together bread crumbs and Parmesan cheese. (You may cover and chill casserole and crumb mixture separately at this point for up to 2 days.) Sprinkle topping over casserole.

● **Bake casserole,** uncovered, in a 400° oven for 20 to 25 minutes or till heated through (35 minutes, if chilled). Makes 10 to 12 side-dish servings.

Note: If desired, halve the ingredient amounts for recipe; bake mixture in an 8-inch-square baking pan.

Nutrition information per serving: *197 cal. (28% from fat), 7 g fat, 11 mg chol., 9 g pro., 28 g carbo., 3 g dietary fiber, 353 mg sodium. U.S. RDA: 23% calcium, 11% iron, 17% vit. A, 26% vit. C, 15% thiamine, 23% riboflavin, 12% niacin.*

FARMERS' MARKET PASTA WITH SCALLOPS

If you can't find sugar snap peas, substitute fresh Chinese pea pods that you cut in half crosswise—

1 lb. fresh *or* frozen sea scallops

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FRESH SUMMER RECIPES

continued from page 111

8 oz. fettuccine *or* linguine
1 Tbsp. margarine *or* butter
1 Tbsp. cooking oil
2 to 3 cloves garlic, minced
2 large carrots, thinly bias sliced
2 cups sugar snap peas (6 oz.)
3 green onions, thinly sliced
½ cup dry white wine
⅓ cup water
1 Tbsp. snipped fresh dill *or* 2 tsp. snipped fresh tarragon
1 tsp. instant chicken bouillon granules
¼ tsp. crushed red pepper
2 Tbsp. cornstarch
2 Tbsp. cold water
¼ cup grated Parmesan cheese
Cracked black pepper
Fresh dill *and/or* tarragon sprigs (optional)

● **Thaw scallops, if frozen.** Halve any large scallops.

● **In a Dutch oven cook** pasta in lightly salted boiling water according to package directions. Drain pasta. Return to Dutch oven; toss with margarine or butter. Set aside.

● **Meanwhile,** pour oil into a wok or large skillet. Preheat over medium-high heat. Stir-fry garlic in hot oil for 15 seconds. Add carrots. Stir-fry for 4 minutes. Add sugar snap peas and green onions. Stir-fry for 2 to 3 minutes more or till vegetables are crisp-tender. Remove vegetables from the wok or skillet.

● **Cool wok or skillet for 1 minute.** Carefully add wine, the ⅓ cup water, snipped dill or tarragon, bouillon, and crushed red pepper to wok; bring to boiling. Add scallops. Reduce heat; simmer, uncovered, for 1 to 2 minutes or till scallops are opaque, stirring occasionally. Stir together cornstarch and remaining water. Add to wok. Cook and stir till thickened and bubbly. Return vegetables to wok; add pasta. Toss to coat. Heat through. Transfer to dinner plates. Sprinkle each serving with cheese and cracked black pepper, and garnish with sprigs of fresh dill or tarragon, if desired. Makes 4 main-dish servings.

Nutrition information per serving: *480 cal. (20% from fat), 10 g fat, 53 mg chol., 32 g pro., 60 g carbo., 5 g dietary fiber, 541 mg sodium. U.S. RDA: 21% calcium, 31% iron, 150% vit. A, 39% vit. C, 56% thiamine, 32% riboflavin.*

DUTCH BABIES WITH FRESH FRUIT

Each Dutch baby is a hot, popover-like dessert that serves as a tasty, edible bowl for summer fruits—

2 Tbsp. margarine *or* butter
3 eggs
½ cup all-purpose flour
½ cup milk
2 Tbsp. cooking oil
¼ tsp. almond extract
¼ cup orange marmalade
4 cups mixed fresh fruit, such as sliced strawberries, nectarines, kiwi fruit, plums *and/or* whole raspberries and blueberries
1 tsp. lemon juice
Powdered sugar
1 recipe Whipped Cream Topping



Anne's tip for a quick dip.

Combine 1 envelope of Good Seasons® Ranch Salad Dressing Mix with one cup mayonnaise and one cup sour cream (or low-fat plain yogurt).

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● **Place** *1 teaspoon* margarine or butter into each of six 4½-inch pie plates or 4½-inch foil tart pans. Place pans in a cold oven; turn on oven to preheat to 400° (allow about 10 minutes).

● **Meanwhile,** in a medium mixing bowl beat eggs with a rotary beater or whisk. Add flour, milk, oil, and almond extract. Beat till smooth. Remove pans from oven. Divide batter among pans. Bake in 400° oven for 15 to 20 minutes or till golden and puffy.

● **In a medium saucepan melt** marmalade; cool slightly. Gently stir in fruit and lemon juice.

● **Immediately** after removing Dutch babies from oven, transfer to a serving platter or individual dessert plates. Spoon fruit into center of each Dutch baby. Lightly sift powdered sugar atop. Serve immediately with Whipped Cream Topping. Serves 6.

Whipped Cream Topping: In a chilled, small mixing bowl beat ½ cup *whipping cream* with an electric mixer on low speed with 1 tablespoon *brown sugar* just till soft peaks form. Fold in 2 tablespoons *thawed orange juice concentrate*. Serve immediately or chill for up to 1 hour. Makes about 1 cup.

Nutrition information per serving: *369 cal. (55% from fat), 23 g fat, 135 mg chol., 6 g pro., 36 g carbo., 3 g dietary fiber, 141 mg sodium. U.S. RDA: 34% vit. A, 86% vit. C, 25% riboflavin.*

HONEYDEW, RASPBERRIES, AND CREAM

For a change of taste, try blueberries with cantaloupe—

½ cup soft-style cream cheese
½ cup vanilla yogurt
1 Tbsp. honey
1 small honeydew melon, seeded, peeled, and cut into thin wedges
2 cups fresh raspberries

● **In a small bowl blend** soft cream cheese, yogurt, and honey. Refrigerate, covered, till serving time.

● **To serve,** fan out honeydew wedges on 4 individual dessert plates. Stir cream cheese topping; spoon over melon. Top each serving with about *½ cup* of the raspberries. Refrigerate any leftover sauce. Serves 4 to 6.

Nutrition information per serving: *217 cal. (42% from fat), 11 g fat, 31 mg chol., 4 g pro., 29 g carbo., 5 g dietary fiber, 128 mg sodium. U.S. RDA: 33% calcium, 75% vit. C, 13% riboflavin.*

BLUSHING FRUIT COMPOTE

Use three or more chilled fruits for sparkling looks and taste. Try any berry-flavored wine cooler or bottled water to complement the fruit—

4 cups assorted fresh red fruits, such as halved and pitted sweet cherries, sliced plums, watermelon balls, seedless red grapes, raspberries, *and/or* halved strawberries
2 Tbsp. powdered sugar

• • •

1 12-oz. bottle black raspberry *or* wild berry wine cooler; *or* one 10-oz. bottle berry-flavored sparkling water with fruit juice, chilled
Fresh mint sprigs (optional)

● **In a medium bowl gently combine** chilled fruits and sugar. Let stand about 20 minutes.

● **Spoon about *⅔ cup* of the fruit** into *each* of 6 stemmed dessert cups or wineglasses. Pour equal amounts of wine cooler or sparkling water into each cup. Garnish each serving with a fresh mint sprig. Serve immediately. Makes 6 servings.

Nutrition information per serving with sparkling water: *90 cal. (6% from fat), 1 g fat, 0 mg chol., 1 g pro., 22 g carbo., 1 g dietary fiber, 5 mg sodium.*

SELECTING SUMMER FRUITS

A rule of thumb is to select plump fruit that "gives" when lightly pressed. Avoid shriveled, discolored, or bruised fruit (although slightly bruised is fine for canning).

Apricots, melons, nectarines, peaches, pears, and plums **shipped long distances are picked before fully ripe; locally grown fruit may be fully ripe. If these fruits are still firm when you buy them, place them in a paper bag, loosely close, and keep on your kitchen counter till slightly soft to the touch. Ripe fruit also smells fragrant. Store ripe fruit, uncovered, in the refrigerator for 3 to 5 days.**

Berries and cherries **are picked ripe so require extra-careful handling. Lightly cover and refrigerate as soon as you arrive home. Rinse them just before eating.**

continued on page 114

FRESH SUMMER RECIPES

continued from page 113

FRESH PEACH-RASPBERRY COBBLER

So homey and good, this dessert is worth turning on your oven for in the summer!

- **½ cup sugar**
- **1 Tbsp. cornstarch**
- **2 Tbsp. water**
- **4 cups sliced, peeled fresh peaches (5 to 6 large *or* 8 medium)**
- **1 tsp. finely shredded lemon peel**
- **1 tsp. lemon juice**
- **2 cups fresh raspberries**

• • •

- **1 cup all-purpose flour**
- **¼ cup sugar**
- **1 tsp. baking powder**
- **½ tsp. ground cinnamon**
- **3 Tbsp. margarine *or* butter**
- **1 beaten egg**
- **3 Tbsp. milk**
- **1 tsp. sugar**
- **Ice cream *or* sweetened whipped cream**

● **For filling,** in a medium saucepan combine the ½ cup sugar and cornstarch; add water. Stir in peach slices, lemon peel, and lemon juice. Cook and stir till thickened and bubbly. Gently fold in raspberries. Return just to boiling, stirring gently to avoid breaking up the fruit. Keep hot.

● **For biscuit topping,** in a medium mixing bowl stir together the flour, ¼ cup sugar, baking powder, and cinnamon. Cut in margarine or butter till mixture resembles coarse crumbs. Combine egg and milk. Add to flour mixture, stirring just till moistened.

● **Transfer fruit filling** to a shallow 2-quart casserole. Immediately drop biscuit dough into 4 to 6 mounds atop hot filling. Sprinkle with the 1 teaspoon sugar.

● **Bake in a 400° oven** for 20 to 25 minutes or till a wooden toothpick inserted into topping comes out clean. Serve warm with ice cream or sweetened whipped cream. Serves 6.

Nectarine-Plum Cobbler: Prepare as directed, *except* substitute 4 cups sliced unpeeled *nectarines* for the peaches, and use 2 cups sliced *plums* for the raspberries. Add plums at the same time as nectarines to the cornstarch mixture.

Nutrition information per serving: *316 cal. (20% from fat), 7 g fat, 36 mg chol., 5 g pro., 61 g carbo., 5 g dietary fiber, 131 mg sodium. U.S. RDA: 20% vit. A, 31% vit. C, 20% thiamine, 20% riboflavin, 21% niacin.*

NECTARINE-BLUEBERRY BREAD

A little hint of orange flavor tastes great with the nectarine, blueberry, and almond—

- **⅔ cup chopped almonds**
- **1 Tbsp. sugar**
- **1½ cups all-purpose flour**
- **¾ cup sugar**
- **2 tsp. baking powder**
- **½ tsp. ground allspice**
- **¼ tsp. baking soda**
- **¼ tsp. salt**
- **⅓ cup margarine *or* butter, softened**

Switching to something new is easy once you know the facts.



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1 tsp. finely shredded orange peel
¼ cup orange juice
2 eggs
1 medium nectarine *or* peeled peach, coarsely chopped (about ⅔ cup)
½ cup fresh blueberries

● **Stir together** *¼ cup* of the almonds and the 1 tablespoon sugar; set aside.

● **In a large mixing bowl stir** together *1 cup* of the flour, the ¾ cup sugar, baking powder, allspice, baking soda, and salt. Add margarine or butter, orange peel, and juice. Beat with an electric mixer on low to medium speed about 30 seconds or till combined, then beat on high for 2 minutes. Add eggs and remaining flour. Beat on low speed just till combined. Carefully fold in nectarines or peaches, blueberries, and remaining almonds. Pour into a greased 8x4x2-inch loaf pan. Sprinkle almond-sugar mixture over top of batter.

● **Bake in a 350° oven** for 55 to 60 minutes or till a wooden toothpick inserted near the center comes out clean. Cover with foil the last 15 minutes if necessary to prevent overbrowning. Cool in pan for 10 minutes. Remove from pan; cool completely on a wire rack. Wrap and store overnight before slicing. Makes 1 loaf (about 16 servings).

Nutrition information per serving: *165 cal. (40% from fat), 7 g fat, 26 mg chol., 3 g pro., 22 g carbo., 1 g dietary fiber, 136 mg sodium. U.S. RDA: 11% thiamine, 12% riboflavin.*



JOAN VANDERSCHUIT

The all-American summer favorite, potato salad, takes on a regional taste with hot peppers, jicama, olives, and avocado.

SOUTHWESTERN POTATO SALAD

2 lb. new potatoes, quartered
1 8-oz. bottle reduced-calorie ranch-style salad dressing
2 small fresh jalapeño peppers, finely chopped (about 1 Tbsp.)
2 Tbsp. snipped cilantro *or* parsley
1 tsp. finely shredded lime peel
¼ tsp. salt
¼ tsp. pepper
1 cup chopped, peeled jicama
½ cup sliced pitted ripe olives
¼ cup sliced green onion
18 cherry tomatoes, halved
Spinach leaves (optional)
1 large avocado
Lime juice
Fresh cilantro sprig (optional)

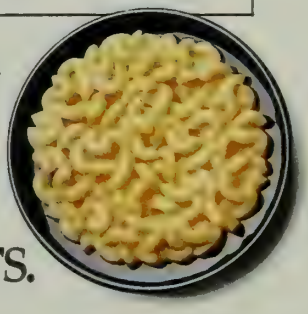
● **In a covered saucepan cook** potatoes in lightly salted boiling water for 10 to 15 minutes or just till tender; drain well and cool.

● **Meanwhile, for dressing,** stir together bottled salad dressing, chili peppers, snipped cilantro, lime peel, salt, and pepper.

continued on page 117

The Facts.

BRAND MAC & CHEESE (Based on a 9 oz. serving size)	FAT (% of Calories)	SODIUM (mg)	CHOLESTEROL (mg)	CALORIES
Healthy Choice®	19	520	20	280
Stouffer's®	47	1095	N/A	375



Here's our latest entree. Deliciously creamy Macaroni and Cheese. Fact is, all the nutritional information is right on the back of the box. Unlike Stouffer's, who'll only give you details if you write the company. And include a proof of purchase. Now isn't it better to get the facts right from the start?

The choice is yours.

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Lickety-Split Banana Split Pie.

1 (6oz.) Keebler® Ready-Crust® Graham Cracker Pie Crust
2 small bananas
1 quart vanilla ice cream, softened
hot fudge sauce, unheated
pineapple preserves
chopped nuts
whipped topping
maraschino cherries

Slice bananas into bottom of crust. Spoon softened ice cream on top. Freeze 2 hours. Top with unheated hot fudge, pineapple preserves, a dollop of whipped topping, chopped nuts and a maraschino cherry.

FRESH SUMMER RECIPES

continued from page 115

● **In a large bowl combine** potatoes, jicama, olives, and onion. Pour dressing over all; toss to mix. Cover; chill 6 to 24 hours, stirring occasionally.

● **Just before serving,** toss tomatoes with salad. Transfer to a spinach-lined bowl. Halve, seed, and peel the avocado. Slice avocado and brush with lime juice. Arrange avocado atop potato salad with cilantro sprig. Serves 8.

Nutrition information per serving: *219 cal. (23% from fat), 6 g fat, 0 mg chol., 4 g pro., 39 g carbo., 6 g dietary fiber, 435 mg sodium. U.S. RDA: 53% vit. C, 48% thiamine, 23% niacin.*

THE EARTH-FRIENDLY SHOPPER

When shopping at a farmers' market, ask the vendors the origin of their fruits and vegetables. (Some food at a farmers' market may come from a wholesale house that includes items that have been transported long distances.) Most produce at a farmers' market comes from nearby agricultural plots. This means that less fuel is used to get the produce to market.

On the other hand, large-scale agricultural practices rely on extensive transportation to haul produce from one region of the country to another. This lets us enjoy an abundant and varied food supply year-round. However, long-distance transporting adds to the smog and greenhouse gases, and depletes unrenewable petroleum resources.



SCOTT LITTLE

Count on a reusable bag to hold your market finds. To order the Our Environment tote, see page 149.

JULY RECIPE INDEX

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NUTRITION INFORMATION

HOW TO MAKE IT WORK FOR YOU

EVERY RECIPE ANALYZED

With each recipe, we give important nutrition information. The calorie count of each serving and the amount, in grams, of fat, cholesterol, protein, carbohydrate, fiber, and sodium help you keep tabs on what you eat. We also include the percent of calories coming from fat.

You can check the vitamin and mineral levels of each recipe serving. These are noted in percentages of the United States Recommended Daily Allowance (U.S. RDA) whenever values exceed 10 percent of the recommended amount. (The U.S. RDAs are dietary standards developed by the Food and Drug Administration.)

HOW WE ANALYZE

We omit optional ingredients from the nutrition analysis.

BETTER HOMES AND GARDENS TEST KITCHEN ®

Our seal assures you that every recipe has been tested in the *Better Homes and Gardens®* Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

When ingredient options appear in a recipe (such as margarine *or* butter), we use the first one mentioned for analysis. The ingredient order does not mean we prefer one ingredient or the other.

We use the first serving size listed when a range is given.

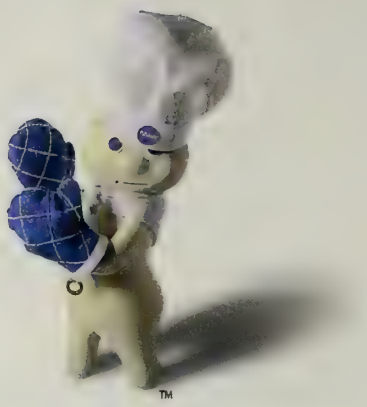
WHAT YOU NEED

Use our analyses to chart the nutrition value of the foods you eat and the recipes you prepare. Nutritionists suggest that healthy adults follow these daily recommendations:

Protein: About 15% of calories
Fat: No more than 30% of calories
Carbohydrate: About 55% of calories
Cholesterol: No more than 300 milligrams
Sodium: 500 to 3,000 milligrams
Dietary fiber: 20 to 30 grams

For example, a moderately active woman who consumes about 2,000 calories a day needs: about 75 grams of protein, no more than 67 grams of fat, and 275 grams of carbohydrate. In general, moderately active males and teenagers need more calories.

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Lovin' Lites™

Mixes and Frostings

WIN MONEY
FOR YOUR RECIPES
See Page 108 For Details



FRESH FRUIT DESSERTS

File under Desserts
July, 1991

$100 WINNER *Mrs. Louise Fuller, Eros, La.*

HOME-STYLE BAKED APPLE WEDGES

This cakelike dessert with apples, raisins, and pecans mixes up by hand in minutes—

- **1 Tbsp. butter *or* margarine, softened**
- **1 cup all-purpose flour**
- **2 tsp. baking powder**
- **¼ tsp. salt**
- **2 eggs**
- **¼ tsp. orange extract (optional)**
- **1 cup sugar**
- **2 medium baking apples (such as Rome Beauty or Granny Smith), peeled and finely chopped (2 cups)**
- **½ cup chopped pecans, toasted**
- **2 Tbsp. raisins**
- **Frozen whipped dessert topping, thawed (optional)**
- **Apple slices (optional)**

Generously grease a 9-inch pie plate with the 1 tablespoon butter or margarine; set aside. In a small bowl combine flour, baking powder, and salt. In a large mixing bowl beat eggs and orange extract by hand till foamy. Stir in sugar. Add flour mixture, stirring till well combined (mixture will be stiff). Stir in apples, pecans, and raisins. Spread evenly in greased pie plate. Bake in a 325° oven about 50 minutes or till golden brown and center appears set. Serve warm. To serve, cut into wedges and top with whipped topping and apple slices, if desired. Makes 6 to 8 servings.

Nutrition information per serving: *346 cal. (27% from fat), 11 g fat, 76 mg chol., 5 g pro., 59 g carbo., 2 g dietary fiber, 224 mg sodium. U.S. RDA: 10% calcium, 27% thiamine, 17% riboflavin, 10% niacin.*

Buying information, page 145.



QUICK CHICKEN DINNERS

File under Poultry
July, 1991

$100 WINNER *Linda McLane, Colorado Springs, Colo.*

LEMON-TARRAGON CHICKEN

Linda blends sour cream with tarragon, lemon pepper, and sherry for a winning sauce; it's delicious with chicken—

- **2 Tbsp. margarine *or* butter**
- **8 medium skinless, boneless chicken breast halves (1½ lb.)**
- **2 cups fresh mushrooms, halved**
- **2 cloves garlic, minced**
- **3 Tbsp. dry sherry**
- **½ tsp. dried tarragon, crushed**
- **½ tsp. lemon pepper seasoning**
- **1 14½-oz. can chicken broth**
- **⅓ cup all-purpose flour**
- **¼ cup dairy sour cream**
- **Hot cooked spinach noodles *or* egg noodles**
- **Quartered fresh lemon slices (optional)**

In a 12-inch skillet melt margarine or butter over medium-high heat. Add chicken, mushrooms, garlic, sherry, tarragon, and lemon-pepper seasoning. Cook, uncovered, for 10 to 12 minutes or till chicken is no longer pink, turning once. Remove chicken and mushrooms with a slotted spoon. In a screw-top jar combine chicken broth and flour; shake till blended. Add mixture to the skillet. Cook and stir over medium-high heat till thickened and bubbly. Remove about *½ cup* mixture from skillet and stir into sour cream. Return to skillet along with chicken and mushrooms. Heat through (do not boil). Serve over hot cooked noodles. Garnish with lemon slices, if desired. Makes 8 main-dish servings.

Nutrition information per serving: *282 cal. (27% from fat), 8 g fat, 57 mg chol., 25 g pro., 24 g carbo., 2 g dietary fiber, 311 mg sodium. U.S. RDA: 11% iron, 17% thiamine, 23% riboflavin, 81% niacin.*

Photographs: Scott Little

Clip along here and file punched pages in your *New Cook Book.*

BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®

QUICK CHICKEN DINNERS

File under Poultry
July, 1991



$200 WINNER *Georgia L. Olin, Columbia, Mo.*

GRECIAN-STYLE CHICKEN

With olive oil, garlic, tomatoes, and feta cheese, this Mediterranean-style dinner takes less than 30 minutes to make—

4 medium skinless, boneless chicken breast halves, (about 12 oz. total)
¼ cup wheat germ
2 Tbsp. olive oil *or* cooking oil
1 small zucchini, sliced (1 cup)
½ of a medium green pepper, chopped (⅓ cup)
½ of a medium onion, sliced and separated into rings
2 cloves garlic, minced
⅛ tsp. salt
Dash pepper
2 Tbsp. water
4 tsp. lime *or* lemon juice
2 medium tomatoes, cut into wedges
3 cups cooked couscous (1 cup uncooked)
½ cup crumbled feta cheese (2 oz.)

Rinse chicken; pat dry with paper towels. Place wheat germ in small bowl; coat chicken with wheat germ. In a large skillet cook chicken, uncovered, in *1 tablespoon* of hot oil over medium heat for 10 to 12 minutes or till no longer pink, turning once. Remove chicken from skillet; keep warm. In same skillet cook zucchini, green pepper, onion, garlic, salt, and pepper in remaining hot oil for 3 minutes. Add water; cook 1 minute more. Remove from heat; stir in lime or lemon juice and tomato wedges. To serve, divide couscous among four dinner plates. Place vegetable mixture atop couscous and chicken atop vegetables. Sprinkle feta cheese over chicken. Makes 4 main-dish servings.

Nutrition information per serving: *409 cal. (30% from fat), 14 g fat, 66 mg chol., 30 g pro., 42 g carbo., 3 g dietary fiber, 287 mg sodium. U.S. RDA: 12% calcium, 16% iron, 10% vit. A, 41% vit. C, 26% thiamine, 28% riboflavin, 79% niacin.*

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BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®

FRESH FRUIT DESSERTS

File under Desserts
July, 1991



$200 WINNER *Debbie Del Toro, Ventura, Calif.*

SODA FOUNTAIN PIE

Debbie makes this refreshing strawberry ice-cream pie with a unique sugar cone crust—

1½ cups crushed rolled sugar ice cream cones (one 5 oz. pkg. or about 12 cones)
½ cup margarine *or* butter, melted
¼ cup sugar
3½ cups fresh strawberries
1 quart vanilla ice cream, softened
⅓ cup malted milk powder
1 11.75-oz. jar hot fudge ice cream topping (about 1½ cups)

In a small bowl combine crushed cones, margarine or butter, and sugar. Press onto the bottom and 1 inch up the sides of a 9-inch springform pan or into a 10-inch pie plate; set aside. Place *3 cups* of the strawberries in a blender container. Cover; blend till smooth (should have 1½ cups). Chop remaining *½ cup* strawberries. In a large mixing bowl stir together strawberry puree, ice cream, chopped strawberries, and malted milk powder. Pour into prepared crust. Cover; freeze 8 hours or till firm. Spread fudge topping over pie; freeze at least 2 hours more. To serve, let pie stand at room temperature 30 minutes before cutting into wedges. If desired, top each serving with *whipped cream,* sliced *almonds,* and whole *strawberries.* Makes 10 servings.

Nutrition information per serving: *417 cal. (43% from fat), 21 g fat, 25 mg chol., 6 g pro., 54 g carbo., 2 g dietary fiber, 260 mg sodium. U.S. RDA: 16% calcium.*





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Lite Recipe	Traditional Recipe
	APPROX. VALUES
139 CALORIES*	525 CALORIES*
8g FAT*	37g FAT*
*PER SERVING	*PER SERVING

CHOCOLATE RASPBERRY CHEESECAKE

- 3 SQUARES BAKER'S SEMI-SWEET CHOCOLATE
- ¼ CUP WATER
- 1 TUB (8 OZ.) PHILADELPHIA BRAND LIGHT PASTEURIZED PROCESS CREAM CHEESE PRODUCT
- ½ CUP LIGHT OR LOW CALORIE RASPBERRY FRUIT SPREAD
- 3¼ CUPS (8 OZ.) COOL WHIP LITE WHIPPED TOPPING, THAWED
- 2 TABLESPOONS WATER
- 36 FRESH RASPBERRIES
- 2 CHOCOLATE WAFER COOKIES, CRUSHED

MICROWAVE CHOCOLATE WITH WATER AT HIGH 1 TO 1½ MINUTES OR HEAT ON RANGE TOP ON LOW, STIRRING CONSTANTLY UNTIL ALMOST MELTED; REMOVE AND STIR UNTIL COMPLETELY MELTED. (MIXTURE WILL BE THICK.)

BEAT CHOCOLATE, CREAM CHEESE PRODUCT AND ¼ CUP FRUIT SPREAD. IMMEDIATELY STIR IN 2½ CUPS WHIPPED TOPPING UNTIL SMOOTH. SPREAD IN 8-OR 9-INCH PIE PLATE OR SPRINGFORM PAN. FREEZE 3 TO 4 HOURS.

REMOVE FROM FREEZER; LET STAND 15 MINUTES. BRIEFLY HEAT AND STIR REMAINING FRUIT SPREAD AND WATER UNTIL WELL BLENDED. GARNISH AS SHOWN. STORE LEFTOVER CHEESECAKE IN FREEZER. MAKES 12 SERVINGS.

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Your guide to farmers' markets

In parking lots, downtown squares, and country fields, today's farmers' markets are as varied as America's countryside. Some are large, others small; some are state-owned, others community sponsored. Yet, all provide the freshest homegrown produce to be found!

Here's a coast-to-coast sampling to help you plan a market visit close to home or while vacationing this summer. For a complete listing, many states offer directories available through the Department of Agriculture, or state extension or state tourism offices.



GREENMARKET

Union Square Greenmarket, New York City.

Alabama

Birmingham. Jefferson County Truck Growers Association Farmers' Market, 344 Finley Avenue West. Mon.-Sun., 24 hours, year-round. Peak season: April-November.

Montgomery. Montgomery State Farmers' Market, 1655 Federal Drive. Mon.-Sun., 7-7 p.m., year-round. (Hours vary with the season.)

Alaska

Anchorage. Matanuska Valley Farmers' Market, Fifth and B streets. Sat., 9-2 p.m., July-September.

Arizona

Phoenix. Phoenix Farmers' Market, Seventh and Monroe streets. Wed., 11:30-6:30 p.m., late-October-June.

Arkansas

Fayetteville. Fayetteville Farmers' Market (Rural Mountain Producer's Exchange), downtown Fayetteville Square. Tues., Thurs., and Sat., 7-1 p.m., April-November.

Little Rock. Downtown Farmers' Market, Sixth and Scott Street Parking Deck, Tues. and Sat., 7-3 p.m., May-November.

California

Certified markets sell only California-grown produce.

Davis. Davis Certified Farmers' Market, Central Park at Fifth and C streets. Wed., 2-6 p.m.; Sat., 8-Noon, year-round.

Los Angeles. Farmers' Market, 6333 West Third Street. Mon.-Sat., 9-7 p.m.; Sun., 10-6 p.m., open year-round.

San Francisco. Heart of the City Farmers' Market, Market Street between 7th and 8th streets. Wed., 7-5:30 p.m.; Sun., 7-5 p.m., year-round.

San Rafael. Marin County Certified Farmers' Market, Marin County Civic Center (North San Pedro Road exit off Highway 101). Thurs., 8-1 p.m.; Sun., 9-1 p.m., open year-round.

Santa Monica. Santa Monica Certified Farmers' Market, corner of Arizona Avenue and Second Street. Wed., 1-7 p.m., summer. 10-2 p.m., winter.

Colorado

Boulder. Boulder Farmers' Market, Central Park at 13th and Canyon streets. Sat., 8-1 p.m., May-October.

Denver. Denver Farmers' Market, corner of 17th and Market streets. Sat., 7 a.m.-sold out, June-October.

Connecticut

Bethel. Bethel Country Market, 67 Stoney Hill Road, Rt. 6. Sat., 9-1 p.m., August-October.

Hartford. Hartford Downtown Farmers' Market, Statehouse Square. Mon., Wed., and Fri., 10-2 p.m., June-November.

Delaware

Wilmington. Wilmington Farmers' Market, corner of Ace and Orange streets. Wed., Fri., and Sat., 8-3 p.m., year-round.

Florida

Gainesville. Alachua County Farmers' Market, intersection of N.W. 34th Street and North U.S. 441. Sat., 9-Noon, open year-round.

Orlando. Downtown Orlando Farmers' Market, corner of Church Street and Garland Avenue. Sat., 7-1 p.m., year-round.

Georgia

Forest Park. The Atlanta State Farmers' Market, 16 Forest Parkway. Mon.-Sun., 24 hours during peak season, May-December, year-round.

Savannah. Savannah State Farmers' Market, 701 Highway 80 West. Mon.-Sun., 24 hours during peak season, May-December, year-round.

Hawaii

Honolulu. People's Open Market, Mon.-Sat., year-round. Phone 808/522-7088 for location information.

Idaho

Boise. Boise Farmers' Market, corner of 8th and Main streets, Wed., 3:30-8 p.m., mid-June-September.

Coeur d'Alene. Kootenai County Farmers' Market, corner of Highway 95 and Dalton Avenue. Sat., 8-1 p.m., May-October.

Moscow. Moscow Farmers' Market, Friendship Square, corner of Jackson Street and Fourth Street. Sat., 8-1 p.m., June-October.

Illinois

Chicago. Chicago's Farmers' Markets, Daley Plaza, Washington Street between Clark and Dearborn streets. Every other Thurs., 7-3 p.m., late-June-October.

Second location: Lincoln Park at Armitage and Halsted streets. Sat., 7-2 p.m., early-July-October.

Jacksonville. Jacksonville Farmers' Market, 901 West Morton Street. Sat., 8-1 p.m., June-October.

Indiana

Indianapolis. Indianapolis Farmers' Market, 3900 North Fall Creek Parkway at State Fairgrounds. Mon.-Sun., 9-7 p.m., mid-June-mid-September.

LaGrange. LaGrange Community Farm Market, downtown LaGrange. Sat., 8-Noon, mid-May-September.

Iowa

Cedar Rapids. Cedar Rapids City Market, The Roundhouse, 1350 A Street Southwest. Tues. and Thurs., 3-6 p.m.; Sat., 5-11:30 a.m., early-May-October.

Des Moines. Downtown Des Moines Farmers' Market, Fourth Street at Court Avenue and Walnut Street. Sat., 7-1 p.m., mid-May-mid-October.

Mason City. Mason City Farmers' Market, corner of Highway 18 and South Monroe Street. Tues. and Fri., 4-6 p.m., mid-May-October.

Kansas

Lawrence. Downtown Lawrence Farmers' Market, corner of Tenth and Vermont streets. Tues. and Thurs., 4-6:30 p.m.; Sat., 6:30-10:30 a.m., market open mid-May-mid-November.

Wichita. Downtown Farm and Art Market, 700 and 800 blocks of East Douglas Avenue (Union Station Complex). Sat., 8-3 p.m., June-September. Wed., 8-1 p.m., July-August.

Kentucky

Louisville. The Haymarket, 315 East Jefferson Street. Mon.-Sun., 9-6 p.m., open year-round.

Lexington. Lexington Farmers' Market, corner of Maxwell and Broadway streets. Tues. and Thurs., 6-5 p.m. May-October.

Second location: Vine and Upper streets, Sat., 6-5 p.m., May-October.

continued on page 125

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m m m

fluffy

real potato

crispy veggies

m m m

cheesy



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FARMERS' MARKETS



Flower carts greet visitors in New Orleans.

Louisiana

New Orleans. French Market, 1100–1200 North Peters Street. Sat. and Sun., 6-Noon, open year-round.

West Monroe. Somethin' Special Farmers' Market, 1700 North Seventh Street. Mon.-Sat., 6:30 a.m.-7 p.m., open year-round.

Maine

Brunswick. Brunswick Farmers' Market, Brunswick Mall on Main Street. Tues. and Fri., 8:30-4 p.m., May-November.

Waterville. Waterville Farmers' Market, 51 Front Street, Head of Falls. Fri. and Sat., 9-5:30 p.m., late-April-October.

Maryland

Baltimore. The World Famous Lexington Market, 400 West Lexington Street. Mon.-Sat., 8:30-6 p.m., year-round.

Columbia. Oakland Mills Farmers' Market, Oakland Mills Village Center on Stevens Forest Road. Thurs., 3-7 p.m., late-May-October.

Tacoma Park. Tacoma Park Farmers' Market, Laurel Avenue between Eastern and Carroll avenues. Sun., 10-2 p.m., late-April-November.

Massachusetts

Boston. Copley Square Farmers' Market, Saint James Street. Tues. and Fri., 11-6 p.m., mid-July-mid-November.

Springfield. Downtown Springfield Farmers' Market, corner of East Court Street and Main Street. Wed. and Fri., 1-3 p.m., May-October.

Michigan

Detroit. Detroit Eastern Farmers' Market, Russell Street between Gratiot and Mack avenues. Sat., 6-6 p.m., year-round. Peak season, June-October. Wholesale on weekdays, 4-8 a.m.

Grand Rapids. Fulton Street Farmers' Market, 1147 East Fulton Street. Tues., Wed., Fri., and Sat., 8-4:30 p.m., mid-April-December.

Minnesota

Rochester. Greater Rochester Growers Market, Inc., Apache Mall Parking Lot (SE corner near Dayton's). U.S. Hwy. 14 and Hwy. 52. Wed., 2-6 p.m.; Sat., 8-2 p.m., early-June-October.

St. Paul. St. Paul Farmers' Market, Fifth and Wall streets. Sat., 6-1 p.m., late-April-early-November. Sun. 8-1 p.m., early-May-October. Hot line: 612/227-6856.

Mississippi

Jackson. Farmers' Central Market, 352 West Woodrow Wilson Street. Mon.-Sat., 7-6 p.m.; Sun., 1-6 p.m., year-round.

Missouri

Kansas City. City Market, corner of Fifth and Walnut streets. Thurs., Fri., and Sat., 6-5 p.m., year-round.

St. Louis. Soulard Farmers' Market, 730 Carroll Street. Tues.-Fri., 8-5:30 p.m.; Sat., 6-5:30 p.m., year-round.

Montana

Billings. Billings Farmers' Market, 2929 Third Avenue North. Sat., 8:30-Noon, late-July-early-October.

Missoula. Missoula Farmers' Market, Circle Square at north end of Higgins Street. Sat., 9-11 a.m., June-early-October. Tues., 6:30-8 p.m., July-August.

Nebraska

Lincoln. The Haymarket Farmers' Market, Seventh Street, P–Q streets. Sat., 8-12:30 p.m., June-mid-October.

North Platte. North Platte Farmers' Market, Corner of Sixth and Bailey streets. Sat., 7:30-Noon, July-October.

Second location: Parkade Plaza on Sixth Street, Tues., 2-6 p.m., open August-early-October.

New Hampshire

Milford. Souhegan Valley Farmers' Market, American Stage Festival Grounds, Mont Vernon Street. Sat., 9-Noon, late-June-October.

Portsmouth. Portsmouth Farmers' Market, Parrott Avenue. Sat., 9-1 p.m., open June-October.

New Jersey

Paterson. Paterson Market Growers, 449 East Railway Avenue. Tues.-Sun., 6 a.m.-7 p.m., open year-round.

Trenton. Trenton Farmers' Market, 960 Spruce Street. Mon.-Sat., 9-6 p.m., May-October. Thurs.-Sat., November-April.



Peppers brighten the Las Cruces market.

New Mexico

Albuquerque. Growers' Market, 7605 Central Avenue, N.E., Tues. and Sat., 7 a.m.-sell-out, mid-July-October.

Las Cruces. Las Cruces Farmers' and Crafts Market, Downtown Mall at Las Cruces Avenue. Wed. and Sat., 7:30-1 p.m., open year-round. Peak season is mid-June-October.

Santa Fe. Santa Fe Area Farmers' Market, San Busco Market Center, 500 Montezuma Avenue. Tues. and Sat., 7-Noon, mid-June-October.

New York

Brooklyn. Grand Army Plaza Greenmarket. Hours same as Union Square.

Buffalo. The Country Market at Buffalo Place, corner of Main and Court streets. Thurs., 8-2:30 p.m., June-October.

New York City. Union Square Greenmarket, corner of 17th Street and Broadway Avenue. Sat., 8-6 p.m., year-round.

North Carolina

Asheville. Western North Carolina Farmers' Market, 570 Brevard Road. Mon.-Sun., 8-5 p.m., April-December.

Raleigh. State Farmers' Market, 1401 Hodges Street. Mon.-Sat., 24 hours, year-round. (Winter hours may vary.) Peak season, June-September.

North Dakota

Bismarck. Bismarck Farmers' Market, Northbrook Shopping Center, 1929 North Washington Street. Tues., Noon-6 p.m.; Sat., 8-1 p.m., July-mid-October. (Additional locations and times in Bismarck.)

Fargo. The Fargo Moorehead Community Farmers' Market, 400 Fourth Street South. Tues., Thurs., and Sat., 10-7 p.m., mid-May-early-November.

Ohio

Cincinnati. The Findlay Market, corner of Elm and Elder streets. Wed., 6-1 p.m.; Fri.-Sat., 6-6 p.m., open year-round.

Columbus. The North Market, 29 Spruce Street. Tues.-Sat., 9-6 p.m., year-round.

Oklahoma

Oklahoma City. Penn Square Farmers' Market, N.W. Expressway and Pennsylvania Avenue (lower level of parking garage). Sat., 10-2 p.m., mid-April-May, October. Tues., Thurs., and Sat., 10-2 p.m., July-September.

Oregon

Beaverton. Beaverton Farmers' Market, Farmington Road between Hall Boulevard and Betts Street. Sat., 8-1:30 p.m., June-October.

Grants Pass. Grants Pass Growers Market, Seventh and Eighth streets on L Street. Sat., 9-1 p.m., mid-March-November. Wed., 9-1 p.m., mid-July-October.

Pennsylvania

Lancaster. Lancaster County Central Market, corner of West King and Market streets. Tues. and Fri., 6-5 p.m.; Sat., 6-2 p.m., year-round.

Philadelphia. Reading Terminal Market, corner of 12th and Arch streets. Mon.-Sat., 8-6 p.m., year-round. Amish farmers, Wed.-Sat., 8-6 p.m., year-round.

York. York Central Market House, 34 West Philadelphia Street. Tues., Thurs., and Sat., 6:30-3:30 p.m., year-round.

Rhode Island

Kingston. South Kingstown Farmers' Market, Univ. of Rhode Island, Keaney Gym parking lot, Route 138. Sat., 9-Noon, May-October.

Providence. Governor Dyer Cooperative Market, corner of Rathbone Street and Hemlock Street. Mon.-Sun., 5-4 p.m., April-December.

South Carolina

Columbia. Columbia State Farmers' Market, 1001 Bluff Road. Mon.-Sat., 6-9 p.m., year-round. (Wholesale section open 24 hours.)

Greenville. Greenville State Farmers' Market, 1354 Rutherford Road. Mon.-Sat., 6-9 p.m., year-round. (Wholesale section open 24 hours.)

continued on page 126



PASTA!

ROLL IT, SAUCE IT, FILL IT
WITH CALIFORNIA RIPE OLIVES

Penne alla Napolitana

12 ounces penne (or other small tubular pasta)
4 tablespoons virgin olive oil, divided
2 tablespoons finely chopped garlic
1 cup pitted California Ripe Olives, sliced
1/4 cup (packed) fresh basil leaves, chopped
1 teaspoon bottled red pepper flakes
2 cups Tomato Sauce
1/2 cup cubed Mozzarella cheese
1/2 cup grated Parmesan cheese

For Pasta, drop penne into kettle of boiling water, return to boil and boil gently for 8 to 10 minutes or until al dente. Drain, toss with 1 tablespoon olive oil, return to pan and keep warm. **For sauce**, saute garlic slowly in 3 tablespoons olive oil in skillet until softened but not browned. Add olives, basil, red pepper and tomato sauce. Heat. Stir in cheeses and heat, stirring, until chunks begin to melt. Pour over pasta. Pass additional grated Parmesan cheese to sprinkle over if desired. Makes 4 servings.



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FARMERS' MARKETS

South Dakota

Spearfish. The Spearfish Farmers' Market, 393 Evans Lane. Mon.-Sat., 9-5 p.m., mid-July-mid September.

Tennessee

Memphis. Farmers' Market at Agricenter, 7777 Walnut Grove Road. Mon.-Sat., 7-6 p.m., March-December.

Nashville. Nashville F.A.R.M. Food Fair, Vine Street Christian Church, 4101 Harding Road. Wed., 7-Noon, mid-June-October.

Texas

Dallas. Dallas Municipal Farmers' Market, 1010 South Pearl Expressway. Mon.-Fri., 5 a.m.-7 p.m.; Sat. and Sun., 5 a.m.-8 p.m., during peak season, June-mid-September. Market open year-round.

San Antonio. San Antonio Farmers' Market, Olmos Basin on Jackson-Keller between McCullough and San Pedro streets. Sat., 8 a.m.-sold out, mid-May-December.

Utah

Salt Lake City. Utah Farm Bureau Farmers' Market, 5300 South, 360 West. Fri. and Sat., 10-5 p.m., August-October.

Vermont

Brattleboro. Brattleboro Farmers' Market, Brattleboro Common, Route 9. Sat., 9-2 p.m., May-October. Wed., 10-2 p.m., mid-June-mid-September.

Rutland. Rutland Farmers' Market, Depot Park. Sat., 8-2 p.m.; Wed., 9-2 p.m., mid-May-October.

Virginia

Arlington. Northern Virginia Homegrown Markets, corner of North 14th and North Courthouse streets. Sat., 7-Noon, open April-December.

Lynchburg. Lynchburg Community Market, Main and 12th streets. Mon.-Thurs., 8-2 p.m.; Fri.-Sat., 6-2 p.m., year-round.

Washington

Olympia. Olympia Farmers' Market, corner of Capitol Way and Thurston Avenue. Thurs.-Sun., 10-3 p.m., April-December.

Seattle. Pike Place Market, First and Pike streets. Mon.-Sat., 10-6 p.m.; Sun., 10:30-5 p.m. (voluntary opening), year-round.

Washington D.C.

D.C. Open-Air Farmers' Market, Oklahoma Avenue and Benning Road. (RFK Stadium parking lot 6.) Tues. and Thurs., 7-6 p.m.; Sat., 6-4 p.m., year-round.

West Virginia

Charleston. Charleston Farmers' Market, corner of Eagan and Smith streets. Mon.-Sat., 8-6 p.m.; Sun., 1-5 p.m., year-round. Peak season, April-October.

Wisconsin

Madison. Farmers' Market, Capitol Square. Sat., 6-2 p.m., May-November.

West Allis. West Allis Farmers' Market, 1559 S. 65th Street. Tues., Thurs., and Sat., 1-8 p.m., May-November.

Wyoming

Cheyenne. Cheyenne Farmers' Market, Corner of 16th Street and Carey Avenue. Sat., 8-1 p.m., August-October.

Cody. Cody Farmers' Market, Eastgate Shopping Center parking lot. Mon., 6 p.m.-sold out, August-September.

S&W. When You Have More To Do Than Dinner.



Nothing makes a hit like pizza, especially when it's our Quick California Pizza that gets you out of the kitchen and back with your family in less than fifteen minutes.



A pre-baked bread shell makes it easy, and S&W Italian Style Stewed Tomatoes give it the authentic, zesty taste of basil, oregano, onion, and garlic. They're the finest canned tomatoes you can buy, farm-ripened and specially selected for quality. Add some grated Romano cheese, heat, and you've got a delicious treat anytime. Try it soon, and taste the difference S&W quality makes.

S&W Quick California Pizza

1 can (14½ oz) S&W Premium Italian Style Stewed Tomatoes

1 Large Boboli® brand or other ready-made bread shell

1 Tbs olive oil

1 can (3 oz) sliced mushrooms (drained)

1 Tbs fresh parsley

⅓ cup Romano cheese, grated

Drain tomatoes and save juice. Add olive oil to reserved tomato juice and brush over the top of bread shell. Arrange tomatoes and mushrooms on top. Sprinkle with parsley and Romano cheese. Bake 10 minutes at 450°.

For free recipes and information about our new recipe video, write S&W Fine Foods, San Ramon, CA 94583-0587.

S&W®

THE BEST. ALL THE TIME.



PUT A HOME OFFICE IN YOUR CORNER



PHOTOGRAPH: JAY GRAHAM. ARCHITECT: WILLIAM B. REMICK & ASSOC. REGIONAL EDITOR: HELEN HEITKAMP

A corner office such as this doubles the counter space for one person and amply serves two. Maximum storage rounds up clutter.

Round up your family's meal-planning, school assignments, volunteer work, and bill-paying activities at the turn of a corner with this handy home command post.

Here, the family borrowed the wall space at a corner between the front-door hallway and the kitchen to wrap their home-office built-ins. The unit is designed to serve up storage and display space, plus work desks for two. And it blends gracefully into its surroundings with your choice of cabinet and trim materials.

Upper shelves set up plenty of storage for cookbooks and collectibles, while the base cabinets store home file folders and at least 90 computer game, word-processing, and spread sheet programs. Spacious counters hold computer hardware paraphernalia.

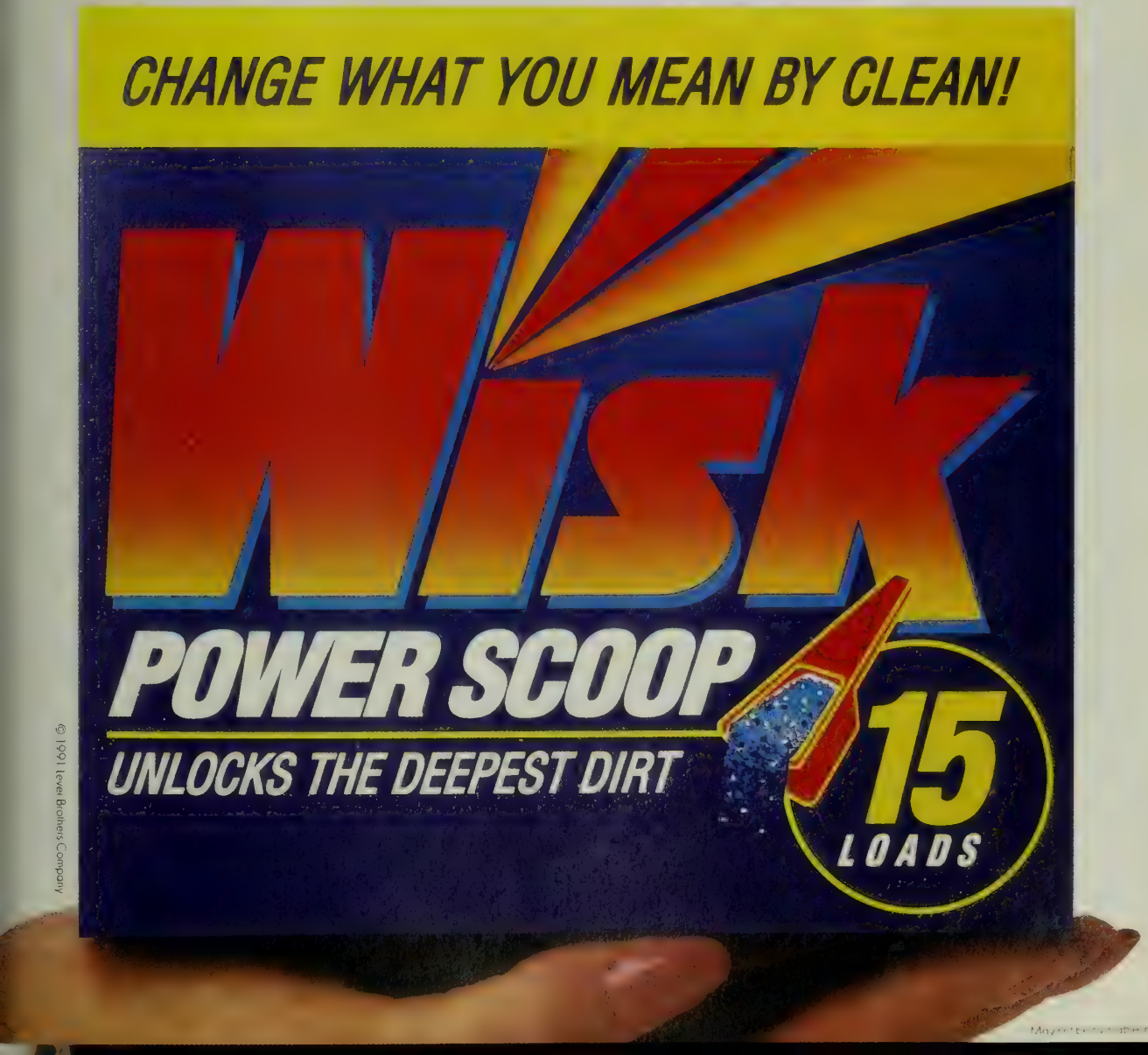
To order a plan for the Corner Planning Center, send check or money order for $8.95 to: *Better Homes and Gardens*® Reader Service, Dept. 25J, Box 374, Des Moines, IA 50336. Specify Plan No. 50903.

THE BIGGEST CLEANING NEWS IN LAUNDRY HISTORY.

(actual size)

The big news isn't that you can hold it in the palm of your hand. Or that you can clean a whole washload with just one little scoopful. The big news is the way it cleans. Which is unlike any laundry detergent, big or small, you've ever used. Wisk® Power Scoop™ has a unique organic cleaning system that actually unlocks and releases the toughest dirt and soils. This helps keep dirt and oil from building up and making your clothes look yellow and dingy. This means your clothes get really clean. And Wisk Power Scoop cleans without bleach—without harming colors. All you need is just one little scoop for a whole washload of clean.

NEW WISK POWER SCOOP.



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CHI-CHI CHICKEN ROLLS
Quick microwave dinners


Ricotta-Stuffed Chicken


Raspeachy Chicken Rolls

PHOTOGRAPHS SCOTT LITTLE

Roll 'em up and cook 'em fast. These impressive chicken rolls make easy entrées, any night of the week. Choose Raspeachy Chicken Rolls for a light and fruity taste or Ricotta-Stuffed Chicken for more hearty, Italian flavor.

RICOTTA-STUFFED CHICKEN

Save time by purchasing skinned, boneless chicken breast halves, prepared spaghetti sauce, and shredded mozzarella cheese—

1 beaten egg
1 cup low-fat ricotta cheese
⅓ cup finely chopped pepperoni (2 oz.)
Dash pepper
6 medium skinned, boneless chicken breast halves (about 1¼ lb.)

• • •

1 cup chunky meatless spaghetti sauce
½ cup shredded mozzarella cheese (2 oz.)

For the ricotta stuffing, in a small bowl combine egg, ricotta cheese, pepperoni, and pepper. Set aside.

Rinse the chicken and pat dry with paper towels. Place each chicken breast half, boned side up, between 2 pieces of clear plastic wrap. Working from the center of the breast to the edges, pound the chicken lightly with the flat side of a meat mallet to form six ¼-inch-thick rectangles. Remove the plastic wrap.

Place about *¼ cup* of the ricotta cheese stuffing on one short end of each chicken breast half. Fold in the long sides of the chicken and roll chicken up jelly-roll style, starting from the edge with the ricotta cheese stuffing. Place the chicken rolls, seam-side down, in an 8x8x2-inch microwave-safe baking dish.

Cover with vented microwave-safe plastic wrap; micro-cook on 100% power (high) for 8 to 11 minutes (low-wattage oven: 10 to 12 minutes) or till chicken is tender and no longer pink, rearranging rolls after 4 minutes. Transfer chicken to a serving platter; keep warm.

In a 2-cup glass measure micro-cook spaghetti sauce, covered, on high for 2 to 3 minutes (low-wattage oven: 3 to 4 minutes) or till heated through, stirring once. Pour the hot spaghetti sauce evenly over the chicken rolls; sprinkle with mozzarella cheese. Let chicken stand a few minutes before serving. Makes 6 servings.

Nutrition information per serving: *302 cal. (42% from fat), 14 g fat, 117 mg chol., 33 g pro., 9 g carbo., 1 g dietary fiber, and 557 mg sodium. U.S. RDA: 24% calcium, 16% vit. A, 12% thiamine, 23% riboflavin, and 82% niacin.*

RASPEACHY CHICKEN ROLLS

For the shimmering peach glaze, simply melt preserves and stir in peach-flavored brandy—

6 medium skinned, boneless chicken breast halves (1¼ lb.)
½ tsp. apple pie spice
1 8-oz. can peach slices, drained
¼ cup raspberry preserves
⅓ cup peach preserves
1 Tbsp. peach-flavored brandy
Snipped parsley

Rinse the chicken and pat it dry with paper towels. Place each chicken breast half, boned side up, between 2 pieces of clear plastic wrap. Working from the center to the edges, pound chicken lightly with the flat side of a meat mallet to form six ¼-inch-thick rectangles. Remove the plastic wrap.

Sprinkle each chicken breast half with some of the apple pie spice. Place one peach slice and *2 teaspoons* of the raspberry preserves on one short end of each breast half.

Fold in the long sides of the chicken and roll up jelly-roll style, starting from the edge with the peach slice. Place the chicken rolls, seam side down, in an 8x8x2-inch microwave-safe baking dish.

Cover dish with vented microwave-safe plastic wrap. Micro-cook on 100% power (high) 8 to 11 minutes (low-wattage oven: 10 to 12 minutes) or till the chicken is no longer pink, rearranging rolls after 4 minutes.

In a 1-cup glass measure micro-cook peach preserves, uncovered, on high for 1 to 2 minutes or till melted. Stir in brandy. Pour over chicken rolls and sprinkle with snipped parsley. Makes 6 servings.

Nutrition information per serving: *222 cal. (12% from fat), 3 g fat, 60 mg chol., 22 g pro., 27 g carbo., 1 g dietary fiber, and 58 mg sodium.*

©1991 California Egg Commission



Give eggs a break.

New evidence shows eggs actually contain 22% less cholesterol than previously thought. Which is why the American Heart Association has increased its weekly egg yolk allowance for healthy people from three to four. So give 'em a break.

California Fresh Eggs

POWER TOOL PRIMER
ON SAWS



Circular saw

Every home needs a power saw. But which saw? Buying more saw than you need wastes money. Buying less causes you aggravation. Here is our breakdown of the basic power saws available and what they can (and can't) do for you.

CIRCULAR SAWS

The low-cost circular saw makes quick work of every home carpentry task except finish trim and fine woodworking. Fitted with different specialty blades, a circular saw can cut not only wood, but metal, plastic, brick, and concrete.

Circular saws lack fine accuracy, but a straightedge will improve your accuracy on longer cuts. Unless you need a contractor-grade saw for daily use, you should shop for a saw in the $60 to $100 range. Look for ball-bearing construction, a 1.5 to 2.0 horsepower rating, and enough depth of cut to make a 45-degree bevel in 2×4 lumber.



Radial arm saw

RADIAL ARM SAWS

These saws rip, crosscut, miter, bevel, rabbet, dado, and cut compound miters and bevels. Many offer a second motor shaft for router attachments. Crosscutting on a radial arm saw is quick and easy, especially when you have a lot of repetitive cutting to do.

Some companies now make lightweight radial arm saws that can be taken to the work site and left in place for the day. Having a portable table eliminates the tedium of running back to the shop for every cut.

Radial arm saws offer much more precision than a circular saw. But the adjustments take time, and checking and rechecking for accuracy can be a nuisance.

You can get a good radial arm saw in the $350 to $600 range. Look for a power rating of at least 1.5 horsepower, and a depth of cut at 45 degrees of at least 1½ inches.

TABLE SAWS

Except for portability, a table saw offers all of the advantages of other types of saws and only minor drawbacks. Table saws are the most accurate type of saw and are particularly useful when ripping or crosscutting large sheets of plywood.

For most home shop tasks, a table saw in the $350 to $600 range with 1.5 horsepower is adequate. The more you pay the more you get in terms of power and accuracy. The table itself should be perfectly flat and not too small. Look for a saw with a belt-drive mechanism, rather than direct drive. In a belt-driven system the belts absorb motor vibrations that would otherwise be transferred to the blade and your workpiece.

PHOTOS JIM KASCOUTAS

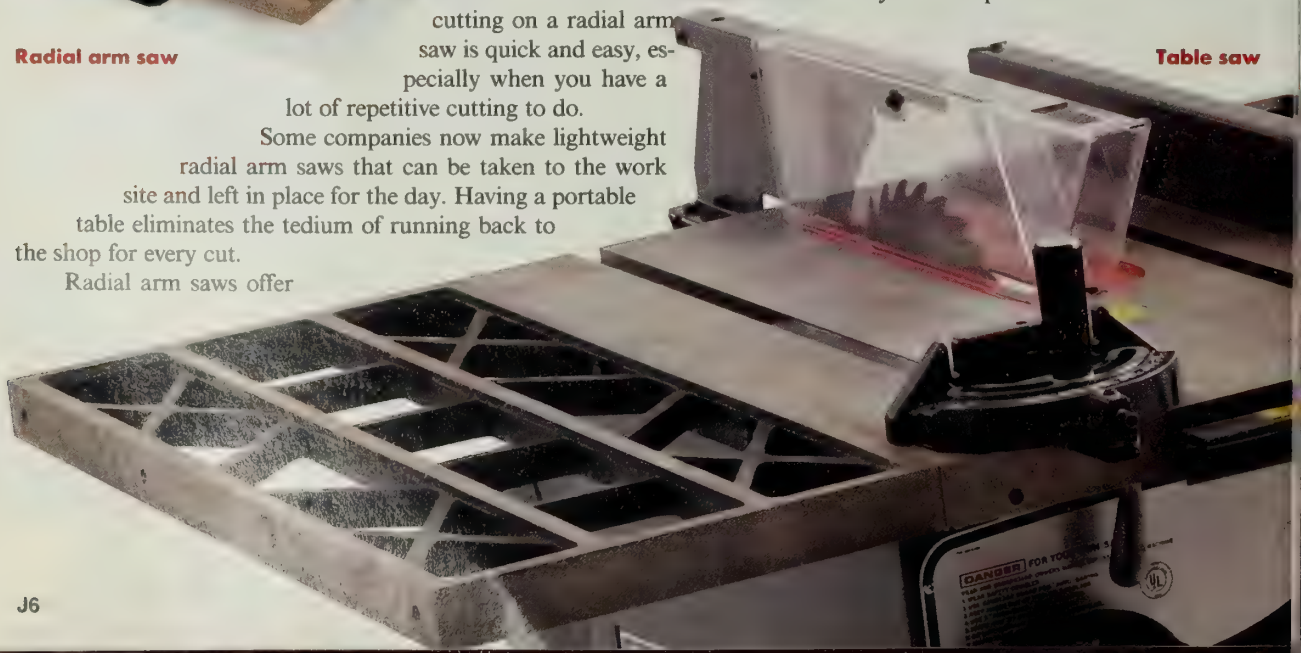
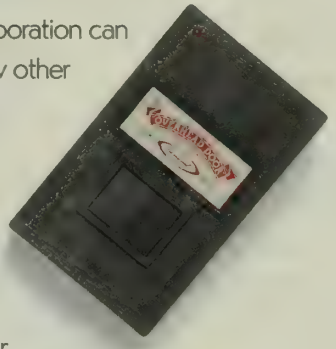


Table saw



Nothing enhances your home's value like a genuine "Overhead Door".



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We offer the largest selection of wood and insulated steel doors, all designed with discriminating homeowners in mind. They're attractive. They're energy efficient. And available in a wide range of sizes and panel configurations to complement any style home.

You'll also enjoy the convenience and added security of our Touch 'N Go automatic openers. Like our doors, they're designed to provide years of trouble-free operation. Our unique nationwide network of 400 distributors stand ready to help you with the finest professional installation and service available.

Remember, drive-up appeal begins at the end of your driveway. So let a genuine "Overhead Door" enhance the value and beauty of your home. Look for our ribbon trade mark in the Yellow Pages or call for the name and number of your nearest distributor.

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JUST FOR KIDS

CHILD'S PLAY
A design to grow up with

PHOTOGRAPHS KARLIS GRANTS REGIONAL EDITOR CATHY HOWARD



Built along the edge of the property under a towering fir tree, the sturdy play structure is designed for a range of ages.



Mom and Dad (Susan and Michael) join in on the fun with the kids, Jonathan, Sara, and Lauren.



Built of pressure-treated lumber, the structure features interchangeable play components to suit the skills of each child. A trapeze swing, baby swing, and gymnastic rings can be quickly hung on the jungle gym.

Children grow up quickly, and so do their playtime interests. That's why Michael and Susan Alcantar built a versatile play area in their Portland, Oregon, backyard that appeals to all kids, small and tall. Designed around a giant fir, the sturdy wood structure creates a tree house atmosphere that amuses the couple's three young adventurers. "It's the kids' favorite hangout," says Susan.

Unlike many flimsy prefab units that can become hazardous with heavy use, the Alcantars' project is built of top-quality materials that will carry even little Lauren through childhood. "Safety is nothing to kid around about," says Michael. "The whole idea behind building this structure was to give our children a place to play out of harm's way." (Read the safety tips, *right*.)

From swinging like monkeys on the jungle gym to playing fort on the slide platform, activity areas inspire creativity and keep Jonathan, Sara, and Lauren cheerfully occupied at home. Mom and Dad are happy, too, because the structure is as eye-pleasing as it is kid-pleasing.

To order Project Plan No. 50875 for the play structure, send check or money order for $7.95 to Better Homes and Gardens® Reader Service, Dept. 225, Box 374, Des Moines, IA 50336.

SAFETY CHECKLIST

- **Select a play structure that matches the ages and skills of the children who use it. Equipment that is beyond the capabilities of small children should be located out of their reach.**
- **Anchor the base of the structure in concrete footings. Assemble the structure with screws and bolts rather than nails. To avoid scratches and snags, cover ends of hardware or set them flush with the frame.**
- **Give swings an 8-foot clearance in both directions; space them at least 18 inches apart. An infant swing should have a back support and safety belt. Avoid swinging rings with a diameter of more than 5 inches.**
- **Surround a slide's top platform with a barrier that's at least 3 feet high. A slide more than 4 feet tall should have 2½-inch-high sides. Allow plenty of open landing space at the bottom.**
- **Limit the height of slides and climbing equipment to 7 feet. Rungs should be small enough for little hands to grasp and spaced within easy reach of each other.**
- **Use a resilient material, such as sand, pea gravel, or wood chips, under the structure to provide soft landings and to cushion falls. A good surface depth is 10 inches.**
- **Teach your children basic safety rules to prevent serious injuries. Even "safe" play equipment can be hazardous if it's used improperly.** BH&G



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KLEENEX HUGGIES® Baby Wipes have a Teddy Bear Texture to gently grip and clean away the mess...like a washcloth. They're thick, soft, moist and absorbent so baby is fresh and clean without irritation. And, HUGGIES Baby Wipes come out one at a time...unfolded...ready to use.



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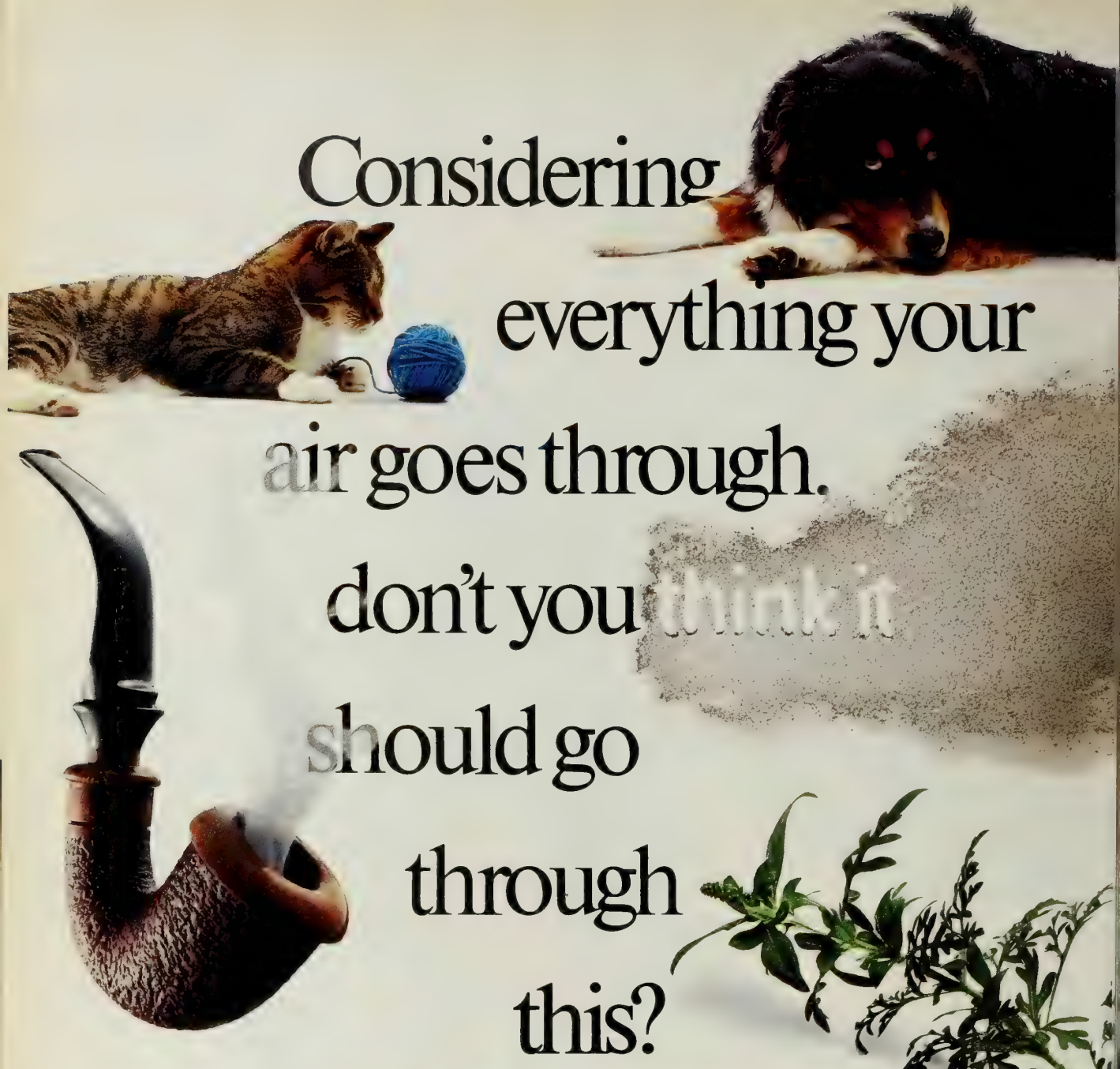
Check price	
Shipping & handling	1.00
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Sales tax - CA residents only add 6%	
Grand total	

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While most furnace and air conditioner filters filter out larger dust particles, the new Filtrete™ Clean Air Filter from 3M goes the extra mile.

Its unique, electrostatically-charged Filtrete fibers work like tiny magnets that attract and trap allergy-causing particles that would blow right through an ordinary filter. Particles like smoke and animal dander.

In fact, the Filtrete Clean Air Filter removes 92% of the dust, pollen, and molds circulating in your home right now. And it will provide three months of clean air performance under normal conditions.

Considering everything that goes into the air you breathe, you should consider the filter that takes more things out.

Look for the Filtrete Clean Air Filter from 3M wherever you purchase your furnace or air conditioner filters.



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Innovation working for yo

3M

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THE SHIRLEY TEMPLE
★ SILVER SCREEN COLLECTION ★



You will receive this hardwood display—which can stand alone or be hung on a wall—at no additional charge.

"Stand Up and Cheer!"™



Figurine shown actual size.

Hand-painted, porcelain figurines capturing as never before the image and personality of Shirley Temple in her most famous and loveable movie roles!

She was a pint-sized bundle of charm who sang and danced her way into the hearts of millions—and there she remains to this very day. Now, Shirley Temple's irresistible appeal and personality have been captured in *The Shirley Temple Silver Screen Collection*—a delightful new collection of cold-cast porcelain sculptures *officially authorized by Shirley Temple.*

Each figurine sparkles with the glow of meticulously lifelike sculpting and skillful hand-painting. Notice the astonishing realism in "Stand Up and Cheer"—from Shirley Temple's famous dimples to the bright red polka dots on her skirt.

A Danbury Mint exclusive.

These exquisite sculptures are available only from the Danbury Mint at just $37.50 each. You will receive your figurines at the convenient rate of one every month. The beautiful, custom-crafted wooden display is yours at no additional charge. Your satisfaction is completely guaranteed, so be sure to return your Reservation Application *today!*

the Danbury Mint

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RESERVATION APPLICATION

The Danbury Mint
47 Richards Avenue
Norwalk, Conn. 06857

Please return promptly.

Please accept my reservation for *The Shirley Temple Silver Screen Collection,* 18 hand-painted, cold-cast porcelain figurines, each re-creating one of Shirley Temple's most beloved movie roles. A hardwood display will be included at no additional charge. The cost of each figurine is $37.50.*

I need send no money now. My figurines will be shipped at the rate of one per month, the first to be billed prior to shipment. If I am not satisfied with any figurine, I may return it within 30 days of receipt for prompt replacement or refund, and this subscription may be canceled by either party at any time.

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Please allow 8 to 12 weeks after payment for initial shipment.

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And take Centrum.® More complete with beta-carotene.

Today, leading medical authorities point to strong evidence that eating foods rich in beta-carotene is important to good health.

They urge us, as part of a well-balanced diet, to eat more dark green leafy vegetables and

'PESTICIDE-FREE' LABELS
What do they mean?

A sign in your supermarket over the fresh broccoli says "No detected pesticide residues." Does that mean your store sells safer produce than the market down the street? Usually not.

The sign simply indicates that a private testing firm checks the store's fresh produce for certain pesticide residues. Such a sign at the point of purchase, over the broccoli, for instance, says that no excessive residues were detected in that lot.

Supermarkets began testing for pesticides several years ago to reassure their jittery produce customers. The



STEVE BJÖRKMAN

Although consumers worry about pesticides, violations in produce appear to be rare.



yellow-orange fruits and vegetables—foods that are rich in beta-carotene.

That's why beta-carotene is an essential part of the vitamin and mineral formula that makes Centrum more complete than any leading brand.

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Centrum with beta-carotene. More complete. From A to Zinc.®

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majority of these retailers are in California. They claim that private testing by such companies as NutriClean is a safe backup to government testing.

Some growers, shippers, and processors view this testing as a self-assessment tool. They use it to ensure that their produce meets approved government standards.

Opponents of private residue testing say that such testing simply becomes a marketing ploy because it lacks uniform regulation and the comprehensive standards of government programs. However, recent federal legislation requires that testing labs be accredited.

How safe is our food? Although consumers worry about pesticides in food, violations appear to be rare. The Food and Drug Administration (FDA) recently reported that 99 percent of U.S. grown produce and 96 percent of imported products tested in 1989 either showed no pesticide residues or found residues well within government limits. These limits, set by the Environmental Protection Agency (EPA) and monitored by the FDA, provide a 100- to 1,000-fold safety margin.

WHAT YOU CAN DO

At home, take these steps to eliminate possible surface residues:

- Thoroughly rinse fruits and vegetables under cold running water, scrubbing with a stiff brush when possible.
- Peel away or discard outer leaves, skin, and rinds.
- Do not wash produce in soap of any kind; the soap may contain chemicals that have not been approved for human consumption.

WHAT A 'NO RESIDUE' SIGN MEANS:

It DOES indicate that:

- **Certain pesticide residues were not detected in the specific commodity lots tested.**
- **When the word "certified" is present, produce comes from growers working with the testing company. Every pesticide used on the food must be disclosed and then the food tested for residues (in addition to others that may be present in the growing environment), and growers must adhere to site inspections and field sampling.**

It does NOT indicate that:

- **All vegetables and fruits in the produce aisle have been tested or are free of pesticides. (Testing all produce is economically unfeasible. In some stores, as few as nine commodities may be tested. Only a handful of the total number of pesticides registered for use by the government may be checked for.)**
- **The testing results are without question. Findings vary depending on the lab and the method of analysis used at the lab.**
- **Produce is safer than in a store without private testing.** BH&G

WHEN YOU SAY CHEESE, TRY SOY CHEESE

Got a cheese-loving cholesterol counter in your family? Soy cheese may be one heart-friendly alternative to buy. In the past few years, several companies have introduced their versions of soy-based cheeses. All of these soy cheeses are cholesterol free, and some are lactose free. The varieties available in most supermarkets include mozzarella, Swiss, cheddar, provolone, Monterey Jack, and cream cheese. Expect to pay 10 to 20 percent more for soy cheese than dairy cheese. To order soy cheese by mail, call Soyco Foods at 800/441-9419 for product information.

COOKING SUGGESTIONS

We sampled a variety of soy cheeses and cooked with them in our Test Kitchen. Here are some things we discovered that will help you make the most of them:

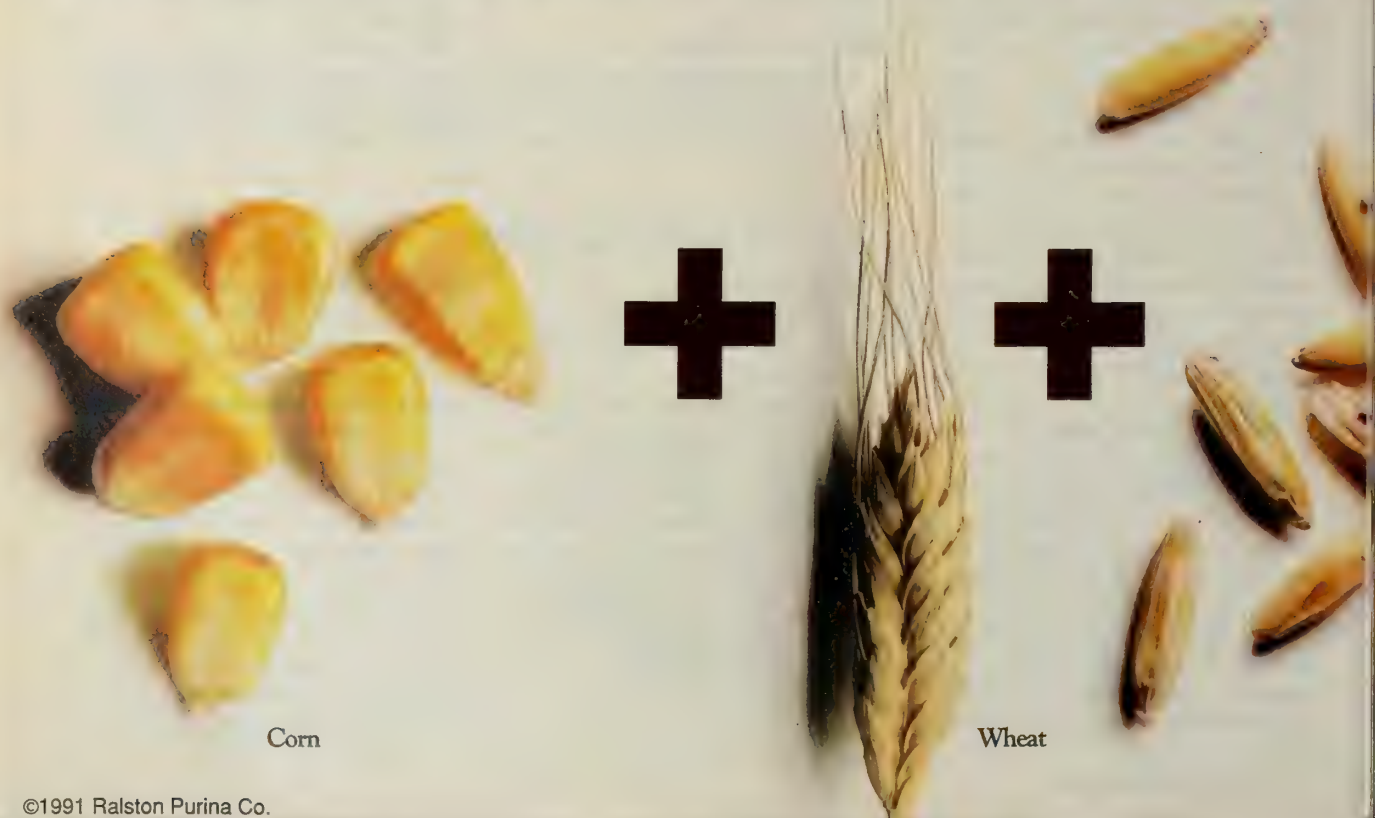
- Generally, soy cheese products have a mild cheese flavor, a slight rubbery texture (more like a processed cheese than an aged cheddar), and melting qualities similar, but not identical, to dairy cheese. Most are tan in color. Some products water out during cooking. You can slice or shred soy cheese.
- People seem to like soy cheeses best in highly seasoned food mixtures. Pizza, lasagna, macaroni and cheese, and sandwiches that "disguise" the soy cheese flavor and color received the highest votes in our taste testing.
- Almost any cheese recipe can use a soy-based cheese. As with dairy cheeses, use low cooking temperatures for short periods of time.
- Expect different melting. Most soy cheese manufacturers admit that they



SCOTT LITTLE

Soy Cheese Lasagna: A lower-fat alternative to the traditional recipe.

MORE BRANS



©1991 Ralston Purina Co.

haven't duplicated the melting and stretching qualities of dairy cheese.

● Your best bet: Experiment with several brands and flavors till you find the product that works best for your specific recipe, cooking style, and taste preference.

SOY CHEESE LASAGNA

This healthful lasagna made with soy-based Parmesan and mozzarella cheeses has half the fat compared to the traditional version. Using less meat and substituting tofu for ricotta cheese also helps keep fat down—

- **¾ lb. ground beef *or* ground pork**
- **1 cup chopped onion**
- **2 cloves garlic, minced**
- **1 8-oz. can tomato sauce**
- **1 7½-oz. can tomatoes, cut up**
- **1 6-oz. can tomato paste**
- **1 Tbsp. Italian seasoning, crushed**
- **¾ tsp. salt**
- **1 8-oz. pkg. tofu**
- **1 beaten egg white**
- **½ cup grated Parmesan soy cheese alternative**
- **1 Tbsp. dried parsley flakes**
- **6 lasagna noodles, cooked**
- **4 oz. shredded mozzarella soy cheese alternative**

In a large saucepan cook meat, onion, and garlic till meat is brown. Drain fat. Stir in tomato sauce, *undrained* tomatoes, tomato paste, Italian seasoning, salt, and ½ teaspoon *pepper.* Bring to boiling; reduce heat. Cover; simmer 15 minutes, stirring occasionally.

Mash tofu and stir in the egg white, *half* of the Parmesan cheese, and parsley flakes. Arrange *half* of the noodles on the bottom of a 12x7½x2-inch baking dish. Spread with *half* of the tofu filling. Top with *half* of the meat sauce and *half* of the mozzarella cheese. Repeat layers. Sprinkle with remaining Parmesan. Bake, uncovered, in a 375° oven 30 to 35 minutes. Let stand 10 minutes. Serves 8.

Nutrition information per serving: *268 cal., 21 g pro., 10 g fat, 34 mg chol., 608 mg sodium, 2 g dietary fiber. U.S. RDA: 17% vit. A., 33% vit. C, and 25% iron.*

NUTRITIONALLY SPEAKING

Most cheeses are made from cow's, goat's, or sheep's milk; soy cheeses are derived from soybean milk, soy proteins, or tofu. Soy cheeses are engineered cheeses made by combining different ingredients to resemble natural cheese. Because only animal products contain cholesterol, soy cheeses are cholesterol free. Yet, these cheeses contain fat, which can contribute to an increase in blood cholesterol. Compared to dairy cheeses, though, soy cheeses are lower in fat and calories.

Because almost all soy cheeses contain casein, the protein found in milk, soy cheese is not an appropriate alternative for anyone with milk protein intolerance.

	Soy Cheddar (per ounce)	Dairy Cheddar (per ounce)
Calories	79	115
Total fat	5 g	9 g
Saturated fat	1 g	6 g
Cholesterol	0 g	30 mg
Calcium	204 mg	204 mg

GREAT TASTE.



Four-bran goodness in one crunchy taste.

SEVEN CURES FOR MID-LIFE STRESS

Gentle relief for anyone



STEVE BJÖRKMAN

Let stress get the best of you and illness will surely follow. But by heeding our seven stress-busting strategies, you'll feel better and find yourself able to face the mirror each morning with a smile.

Mid-life—those 35-to-50-something years—arrives with a bevy of new stresses. For some folks, the prospect of children leaving home for college or a career is frightening. This so-called empty nest syndrome is especially acute for full-time mothers, families who are very close emotionally, and families who will be separated by large distances.

Mid-life is also a time when your parents may need your help. The illness or infirmity of a parent can be very stressful at a time when you are still trying to balance your career and home life.

These and other stressors are more likely to be the source of "mid-life crisis" than any physical or hormonal changes. Indeed, researchers are discovering that stress often lies at the root of the illnesses, both mental and physical, that seem to strike at this time of life. Change—which is abundant in mid-life—more than anything else, is the prime cause of stress.

How do you deal with these emotional karate chops? Young people find outlets in sports or they cut back on activities for a while. For the most folks in their middle years, these options are impractical. Life must go on, regardless of how you feel.

Enter our seven stress busters. Here at last are practical solutions to everyday stress. Not all will surprise you, but every one will reduce stress and the medical and emotional problems that unrelieved stress can cause.

Fight or flee. The prehistoric response to stress (coming face to face with a hungry lion, for instance) was to fight the beast or take flight. Even today, "fight or flight" remains sound strategy.

Let's address flight first. Carole Lewis, P.T., Ph.D., at George Washington University's College of Medicine, suggests getting away from the cause of your stress. If your father-in-law gets on your nerves, try to spend a little less time with him. If the morning rush hour drives you crazy, plan to leave home earlier (you can always spend time before office hours reading).

Another form of "flight" is called the calming response. Take a deep breath; deep breathing slows down the heart rate. Tell yourself "my body is calm," release your breath and tell yourself "my body is quiet." This simple exercise can be done anytime you feel stressed, to give you a minute's relaxation.

When flight is impractical, fight. Not physically, but mentally, advises Dr. Lewis. Try to change the way you think about stress. Ask yourself why a certain thing bothers you. Are you sweating the small stuff? Is worrying about it making anything better or just making you stressed-out? Maybe you can change your attitude about the problem to relieve your stress.

Prudent, gentle exercise fights off stress, too. If you haven't exercised in a while, start with five minutes of exercise a week; before you know it, you'll be in great shape, and you'll feel more relaxed. But don't overdo. "Anytime you feel an ache or pain from exercising, you should slow down," cautions Dr. Lewis.

Have an art attack. Creative endeavors reduce stress in two ways. First, activities like acting, playing an instrument, and cooking can all be relaxing experiences. Second, expressive activities like poetry and song can lend a voice to the feelings you've kept bottled up. Poetry and song lyrics often express the very emotions you are feeling, and are commonly used in art-based mental health therapy.

Want to get rid of that jumpy feeling with music? "Start out with music that fits the mood you're in," advises June Pulliam, M.A., music psychotherapist and member of the National Association for Music Therapy. Begin with frantic music if that's the way you're feeling, then listen to progressively slower selections until you feel relaxed. She points to one client who found herself trapped in a traffic jam. Noticing that the car radio was playing music with a fast and furious beat, the client switched to more soothing music and felt her frazzled nerves calm.

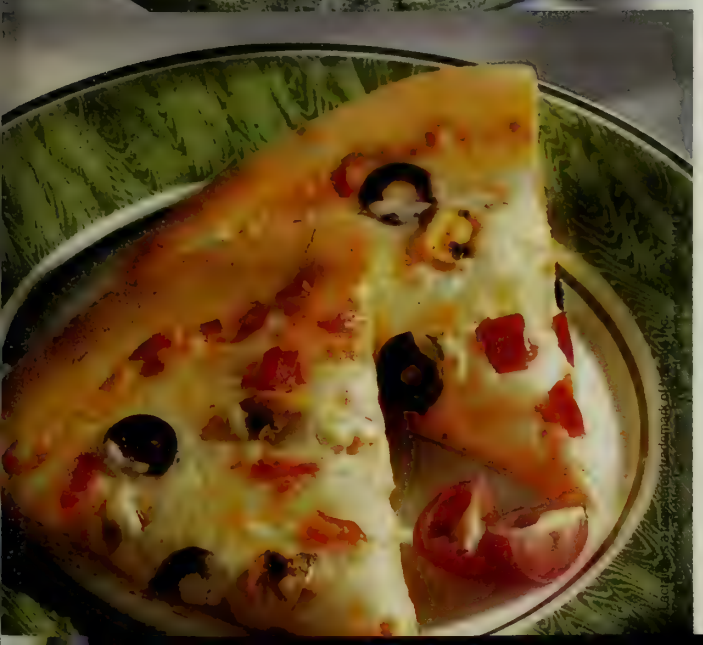
continued on page 134

—Arizona-based Amy Roffman New often writes about health for Better Homes and Gardens® *magazine.*

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SEVEN CURES FOR MID-LIFE STRESS

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The most important thing about stress relief through the arts is that you are comfortable with it. For some mid-lifers, spiritual poetry or music can be particularly appealing. Find an art form that is familiar or comforting to you.

Give of yourself. Folks in mid-life are a treasure trove of valuable knowledge and experience. Volunteering time to a worthy cause can spread those gifts while reducing stress. "Donating your time could be a way of feeling that you're doing something very positive," says George Mount, Ph.D., executive director of the American Academy of Behavioral Medicine.



Volunteer activities can take your mind off your own stresses and give you a quick sense of accomplishment. Be warned: If lack of time is a major stress for you, joining umpteen activities won't make life any easier.

Volunteer at a local charity or get involved in community events. There are opportunities to fit every interest and schedule. Check with your local schools or community organizations to see how you could make a difference.

If you already spend most of your time at work, be a mentor. Helping an inexperienced worker make the most of his or her talents can be a great way to simultaneously boost your altruistic nature and your career skills. Some studies even suggest that helping others leads to better health.

Have a laugh. Laughter is a great way to reduce stress, according to Annette Goodheart, Ph.D., a California psychotherapist specializing in laughter therapy. "It's a cathartic process that rebalances the chemistry of stress and tension," says Dr. Goodheart.

Laughter gives many body systems a good workout. According to Dr. Goodheart, laughter can positively affect the immune system, the heart, and the lungs. Laughter relieves tension by relaxing the body and mind.

It doesn't take comedy to get the benefits of stress-reducing laughter. The people who get the most benefit from laughter are those who develop a playful attitude toward life—who can laugh about almost anything.

If laughter is not a regular part of your life, it may be hard to start laughing about the problems that are stressing you. Just fake it; real laughs will follow. The more practice you have in laughing about little things, the easier it will be to laugh about the big things. So go ahead—laughter heals.

Get a rubdown. Muscle tension is a natural consequence of stress. Relieve the tension, and much of the stress melts away. That's where massage can help. Massage temporarily reduces tension as it warms and relaxes muscles, according to Ralph Stephens, of the American Massage Therapy Association (AMTA) and a practicing massage therapist.

Just so you don't get rubbed the wrong way, look for a qualified massage therapist. In some states, massage therapists are licensed only after they complete a training course; in other states, anyone can hang out a shingle. (The AMTA requires that its members complete a training course in massage therapy.) Be aware: Avoid massage if you have a history of stroke or blood-clotting problems.

An hour of massage from an independent therapist runs from $30 to $70. Some health clubs and Ys charge less.

For information or referral to an AMTA therapist, write: AMTA, National Information Office, 1130 W. North Shore Ave., Chicago, IL 60626; or call 312/761-AMTA. Or see "The Benefits of Massage," *Better Homes and Gardens®* magazine, April, page 55.

Talk, talk, talk. One of the worst aspects of stress is the feeling that you're the only one who experiences it; everyone around you seems to be doing just fine. That's usually not the case.

According to Theodore Barasch, president of STRESSCARE Systems, Inc., a stress-management firm, there are people all around you who share your feelings. Once you discover that you're not alone, many of your stresses become much more manageable.

There are support groups available in most areas that deal with specific stressors: parental support groups, family-care support groups, illness support groups, groups for empty nesters or retirees. Many of these groups can be located through your local church or community center. In some cases, a group is led by a professional who teaches stress reduction or behavior changes. These groups may charge a fee or take donations.

You could also set up your own support group with a regular gathering of friends. Barn raisings, quilting bees, poker night, and tea parties gave former generations the chance to commiserate about problems. Group settings can be an effective way to find out—what a relief!—that you're not the only one this is happening to.

Immerse yourself. According to George Mount, Ph.D., executive director of the American Academy of Behavioral Medicine, many people turn to weekend hobbies to relieve their stress. Any activity will do: movies, needlework, reading, building model planes or trains—whatever you consider relaxing. If gluing tiny parts together will make you gnash your teeth, find another way to get away from it all.

Want to really get away? A lot of people are taking short weekend trips; less work piles up while you're gone and you have several opportunities to relax throughout the year.

Don't assume that a vacation is an automatic stress reducer. If work is driving you crazy, leave your briefcase behind. Likewise, if a family vacation with teenagers will leave you frazzled, arrange a getaway without them.

On the other hand, spending time with your kids in a new, more relaxed setting may be just the tonic your relationship needs. Who knows, you may discover that stress is the only thing in the way of really enjoying your family.

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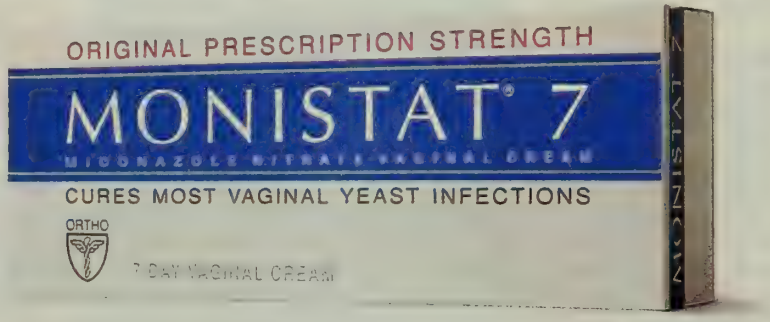


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HEALTH UPDATE

MEDICAL NEWS YOU CAN USE



STEVE BJORKMAN

DROP THOSE SOCKS AND COME OUT WITH YOUR HANDS UP!

Dangerous clothing

They may not require a seven-day waiting period before purchase, but several articles of clothing can hamper your good health. So says Don Powell, Ph.D., president of the American Institute for Preventive Medicine. Dr. Powell airs this dirty laundry in his book, *365 Health Hints* (Fireside Books, $8.95). Here's a lineup of some of the worst offenders:

- Tight underwear can lead to fertility woes in men. Testicles held too close to the body overheat, slowing sperm production.
- Panties with noncotton crotches generate a warm, moist climate that encourages yeast infections in women. Likewise, socks made from some synthetics promote athlete's foot.
- Handkerchiefs that you use to blow your nose spread cold viruses.
- Snug-fitting waistbands may aggravate varicose veins.

Dr. Powell's book travels well beyond a laundry list of hazardous haberdashery to include a wide variety of well-documented health advice. Check your bookstore for a copy, or write American Institute for Preventive Medicine, 24450 Evergreen Rd., Suite 200, Southfield, MI 48075.

NONDAIRY FOODS CAN INCITE MILK ALLERGIES

Labels don't tell all

A small study of children with milk allergies offers disturbing news to parents. Even foods with no dairy products listed on the label are capable of causing severe allergic reactions. Researchers at Johns-Hopkins Children's Center in Baltimore say the culprits are additives derived from milk but listed under chemical names or simply lumped under the term "natural flavor."

Hugh Sampson, M.D., author of the report, says that as many as 3 percent of children react to milk products. Parents of these kids rely on terms like "nondairy" and "pareve" (a kosher term meaning free of dairy products). But according to Dr. Sampson, foods bearing these labels may contain small amounts of milk-derived chemicals capable of causing allergic reactions in sensitive people. For instance, sodium caseinate is used in many foods including hot dogs, luncheon meat, water-pack tuna, and "nondairy" desserts.

Help may be on the way. The federal government is moving toward requiring that all dairy products be listed on food labels. In the meantime, parents shouldn't discount allergy symptoms simply because their children haven't eaten any dairy products. Such signs as hives, wheezing, vomiting, and swelling—particularly if they occur in children with known allergies—can indicate a life-threatening reaction and require immediate medical attention.

GRIEVING THE DEATH OF A JOB

Job loss is nothing to shrug off

Losing your job can create as deep a grief as a death in the family, warns a Penn State psychologist. Edwin L. Herr, Ed.D., recommends dealing with job loss as you would any other anxiety. If you ignore the grief and emotional turmoil that can follow job loss, you risk such hazards as depression, drug abuse, violent behavior, physical illnesses, and family conflict.

Step one toward recovery, says Dr. Herr, is to seek support: from a support group for people in similar circumstances or from family members and friends.

Step two is to analyze why you lost your job, and use that experience to help you work toward finding a new job. Career counselors and adult-education departments at area colleges can help put you on the job or retraining path.

The final step is to recognize when self-help isn't enough. If feelings of anger or sadness fail to fade, seek professional help from a counselor or mental health center.



TANNED TEENS TEMPT TROUBLE TOMORROW

Cover up, says a new study

Teenagers who make time for a deep tan may have to make time for surgery later in life. New research concludes that sun exposure is particularly risky for people aged 15

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HEALTH UPDATE

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to 20. The study of 430 nurses showed that those who suffered sunburns in that age range were more likely to contract malignant melanoma, a family of potentially deadly skin cancers. Earlier studies found a similar pattern among young children.

Martin A. Weinstock, M.D., Ph.D., of Brown University led the study. He reports that even if you tan without burning, say dermatologists, your risk increases. To minimize risks:

- Use a sunscreen when outside
- Cover up with a hat and/or T-shirt
- Minimize sun exposure between 10 a.m. and 2 p.m.



THE HAND THAT ROCKS THE CRADLE RISKS WRIST PAIN

But help is available

For reasons unknown, women who wait until age 30 to get pregnant are more prone to a painful wrist ailment. The condition—DeQuervain's disease—results from an inflamed tendon in the wrist. Symptoms include pain and tenderness in the wrist near the thumb.

DeQuervain's disease, a form of tendonitis, resembles carpal tunnel syndrome. Both problems often arise in people who perform the same task over and over. DeQuervain's disease most commonly afflicts people between the ages of 30 and 50.

Three physicians, Steven Glickel of New York City, Lewis Lane of Manhasset, New York, and Peter Townsend of Wilmington, Delaware, studied the problem and reported their findings at the March meeting of the American Academy of Orthopaedic Surgeons. One quarter of the affected women in their study began having the problem during pregnancy; the rest developed pain within a year of giving birth. Lifting objects (including their infants) and making certain motions with the thumb or wrist made the problem worse.

Fortunately, most of the women found relief with various treatments. Some responded to immobilizing the wrist with splints. Others took one to three injections of corticosteroid anti-inflammation drugs. The average time between the start of symptoms and their relief was about nine weeks. Only about 2 percent of the women needed surgery to stop the pain.

MARRIAGE: A WEIGHTY DECISION

Wedding bells take a toll

Love and marriage aren't the only things that go together like a horse and carriage. Add a few extra pounds to the list. The news arises from two studies conducted by Henry S. Kahn, M.D., of Emory Medical School's Department of Community and Preventive Medicine in Atlanta. The research was co-sponsored by Emory and the U.S. Centers for Disease Control in Atlanta.

In the newest study, Dr. Kahn watched the weight of 3,284 women who were between the ages of 25 and 44 at the beginning of the investigation. Women who got married during the study period (a 10-year span of time) gained an average of five more pounds than women who either stayed married or remained single.

Then there's the other side of the coin. Dr. Kahn reveals that when a marriage breaks up, women tend to lose weight.

Men: stifle your snickers. Males follow essentially the same pattern, according to previous research by Dr. Kahn and his associates.

Other factors influenced weight gain. Poverty and lower levels of education (high school and less) also were associated with weight gain during the 10-year period.

Dr. Kahn's research was prompted by the knowledge that obesity increases the odds of developing heart disease. He hopes his studies will lead to measures to prevent the number one killer of Americans.



DIAPERS COME OUT SMELLING LIKE A ROSE

For containing contamination

Although their impact on the environment is hotly debated, disposable diapers beat cloth diapers at controlling the spread of hazardous bacteria. That's the upshot of a study by Dr. Rory Van, a public health physician, and his colleagues at the University of Texas Medical School in Houston. Both types of diapers can be improved by covering the diaper with clothing.

The study took place in several day-care centers. Infants were randomly assigned to rooms where either "super-absorbent" disposables or cloth diapers were used exclusively. Children in the cloth rooms were double-diapered and wore plastic pants.

Over a period of nine weeks, the researchers looked for coliform contamination on changing pads, toys, and high-chair seats. Coliform bacteria are abundant in feces, and when found on surfaces, they indicate fecal contamination. Contamination of this sort is a recipe for diarrhea. In all cases studied, disposables did a better job of containing the bacteria.

Parents who prefer cloth can minimize problems by sticking to good sanitation practices (especially washing your hands after changing diapers) and covering the diaper with plastic pants and clothing. Dr. Pickering concludes that, in day-care centers, the use of cloth diapers may increase a child's risk of diarrhea. Talk to your doctor if your baby suffers repeated bouts of diarrhea; the condition is potentially dangerous.

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PICKING A HEALTH CLUB

10 tips to strengthen your shopping skills



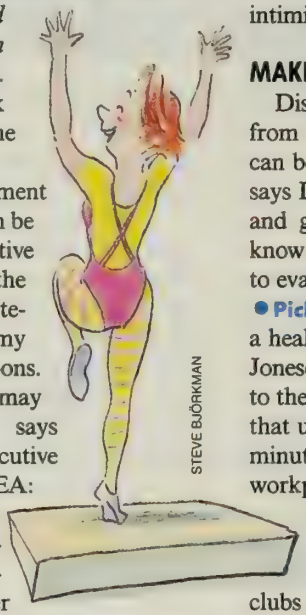
Trying to squeeze into an old pair of shorts may be all the motivation you need to start shaping up. Yet many folks require an extra incentive, a place where they can go to make their fitness dreams come true—a health club. But before you dive headfirst into a full-fitness facility, make sure you shop around and get the hard facts. Remember, some clubs deliver more hype than health. Here's a wrap-up of how clubs are changing, and how you can spot the best ones.

Would a club help you? Every year, millions of would-be fitness buffs seek out fancy health clubs, hoping that the charged atmosphere will offer oodles of new inspiration. Fitness by association, you might call it.

All that shiny gear can be seductive. A well-outfitted health club can lure you out of lethargy with expensive weight training, rowing, cycling, treadmill, and stair-climbing equipment as well as swimming, tennis, and basketball facilities.

Most people need such incentives: Only one out of two individuals who start exercising stay with it beyond six months. That's why so many folks could benefit from a club's can-do atmosphere, where Joe Average sweats it out right beside you. Even if you don't need a club's social scene to get fit, you'll probably *like* it. You can encourage people and they can encourage you. You can talk with them or just watch them.

Barbells over bars. "Ten years ago many people went to a bar at happy hour to meet others," says Robert W. Patton, Ph.D., consultant, professor of kinesiology at the University of North Texas in Denton, and author of *Developing and Managing Health Fitness Facilities.* "Now, they seek health clubs for the social aspect."



STEVE BJÖRKMAN

This social element of health clubs can be powerfully attractive and promoted to the hilt—often distastefully with steamy ads of sexy come-ons. But that image may be changing, says Kathie Davis, executive director of IDEA: The Association for Fitness Professionals: "It reflects much better on a club if there isn't a constant sex-sells push to 25-year-olds. There are so many other selling points to health clubs." Clubs must be realistic, she adds: "Most people are not young and slim, and to present that image may intimidate rather than motivate."

GUIDES TO CLUBS

For a free guide to choosing a quality health club, send a SASE (business-size) to IRSA: The Association of Quality Clubs, 253 Summer St., Dept. BHG, Boston, MA 02210. For a free one-page summary on what to look for in a health club, send a SASE (business-size) to IDEA, 6190 Cornerstone Ct. East, Suite 204, Dept. BHG, San Diego, CA 92121.

MAKING A CHOICE

Distinguishing one health club from another, before you pay to join, can be tough. "People are confused," says Davis. "They want to be healthy and get into fitness, but they don't know which activity to take up or how to evaluate a club." Here's how:

- **Pick a club that's close.** Don't join a health club just to keep up with the Joneses, especially if the club is close to them but far from you. Patton says that unless a club is a commute of 10 minutes or less from your home or workplace, you won't use the club much in the long run, and you'll probably quit.
- **Stop by for a visit.** Most clubs offer a one-day pass allowing you to pass inspection on them, so go in and "kick the tires." Be sure to visit at a time when you would normally use the club. The place should be spotless and cheerfully decorated. A good club also has how-to-use instructions posted on each piece of equipment, or staff members nearby to assist you. And the staff should be encouraging and happy to help out, rather than cool and aloof, says Davis.
- **Ask about price.** Many clubs have a one-time initiation fee plus monthly payments. Prices vary greatly, espe-

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PICKING A HEALTH CLUB

continued from page 140

cially in different parts of the country, so expect to pay anywhere from $100 or $200 per year all the way up to $1,500 or more in large cities such as New York. Kathy McNeil at IRSA: The Association of Quality Clubs, based in Boston, says that the average cost is about $500 to $600 per year.

Initiation fees range from $50 to $1,000, McNeil says, while monthly payments may cost $20 to $100 or more. Think about how often you'll use the club. If you make it there only four times a month, and you're paying $800 a year, that's $17 per visit.

● **Study the contract.** Be wary if the club wants you to sign a long-term pact, maybe at reduced rates, with much of the money up-front. "For every club that opens in 1991, another one closes," Patton says. "A club with



a large up-front fee offering a lifetime membership is a likely candidate for bankruptcy in three years."

Look for a short-term contract with a refund policy, says Davis. "Such plans show that the club has staying power and a commitment to service. Short-term contracts obligate clubs to please customers month after month."

● **Ask about staff ratios.** The ratio of fitness staff to sales staff says a lot about the club. If it's 1:1, meaning that there are as many people helping you work out as there are people selling memberships, then "the focus is more likely on sales rather than service," says Patton. He prefers a ratio of at least 2:1 in favor of fitness staff.

● **Study staff résumés.** If staffers are certified by IDEA, ACSM (American College of Sports Medicine), or another reputable organization, all the better. But not all certifications are created equal. "A club may say that its staff is certified, but there are so many certifying groups out there that aren't very good," says Dan Lynch, assistant vice president at Cape Coral (Florida) Hospital, which is developing a health club in the hospital. If you're unsure of a credential, ask someone with a physical education degree for help.



Lynch says that consumers may profit soon from club licensing. Until then, find out if the club you like is a member of IRSA, which is made up of 1,400 health clubs nationwide.

"Unless a club is a commute of 10 minutes or less from home or work, you won't use the club much in the long run, and you'll probably quit."

● **Size up the space.** Another key ratio is square feet of space to total number of members. For example, you may be told that the club has 50,000 square feet of space, which sounds impressive. If 10,000 members use that space, the space-to-membership ratio is 5:1. "That place will be a zoo," warns Patton. A 30:1 ratio suggests limited membership and no crowds, but you'll pay more for it. What's best? A ratio of 10:1 to 15:1.

● **Seek out variety.** Different programs and special services are a definite plus. Is there swimming if you get bored with basketball? Can you get personal training? Do aerobics classes meet at times convenient for you? Are there programs for kids and seniors? Is child care available? Does the club offer a health assessment, and then a three-month follow-up, especially if you're overweight and over 40?

● **Trust your intuition.** When the visit is over and all your questions have been answered, ask yourself one more: Do you like being in that place with those people? This is nothing more than a "gut check," says Patton, but nothing less either. Trust your gut.

● **Make one last call.** Before you sign on the dotted line, call the Better Business Bureau to hear what it has to say about the club, says Davis.

Finally, remember that you don't *have* to join a health club, says Patton. "All I need are jogging shoes and clothes to get a workout anywhere."

ALTERNATIVES TO CLUBS

A YMCA or YWCA membership is a popular option for many budget-conscious fitness buffs. Often, the annual fee costs several hundred dollars less than a stylish health club.



But YMCAs and other conventional gyms aren't the only place to seek out fitness; country clubs, businesses, schools, and other places are adding fitness facilities, or making existing equipment available to the public.

Country clubs, in particular, are adding fitness centers as fast as health clubs add social amenities such as food service, massage, hair and tanning salons, newsletters, tournaments, league play, camps, equipment and clothing shops, and child care. With an average membership age of 43, country clubs seem definitely to be reaching out to younger people.

On the other hand, Patton says that health clubs, with the average age of members at 33, may be trying to reach a more mature market and compete with expensive country clubs.



walk

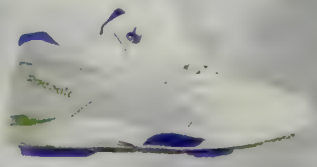
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FOR BETTER HEALTH.

BEATING SUMMER ALLERGIES

No one would willingly choose to live without flowers, grass, and trees—with the possible exception of an allergy sufferer. If you're one of the more than 20 million Americans who sniffle and sneeze your way through summer, try these tips from the American Academy of Allergy and Immunology (AAAI).

Cold, flu, or allergy?

Not every runny nose is an allergy. So before you start blaming nature for your miseries, learn to weed out the pretenders. Fever, chills, and achiness are signs of colds and flu, not allergies. Ditto thick, greenish or yellowish nasal secretions. The most prominent signs of an allergy are itchy, watery eyes, sneezing, and clear nasal mucus. Seasonal allergies—to summertime pollens, for example—tend to worsen at specific times each year.

Fighting back

To keep allergy symptoms at bay:

- Keep bedroom windows closed at night and turn on the air conditioner.
- Minimize activity during the early morning hours (5 a.m.–10 a.m.), when pollen levels are highest.
- Drive with your car windows closed.
- Dry laundry indoors rather than out on the clothesline where garments may collect pollen and mold.
- Avoid cutting the lawn and raking leaves. Such activities stir up clouds of pollen and mold.

Calling out the big guns

When simple measures fail to provide enough relief, it's time to consider stronger medicine. Get used to reading labels, because not all "cold and flu" medicines are well-suited to treating allergies. Decongestants will clear your stuffy nose, but aren't going to work on itchy, watery, or irritated eyes. For these symptoms, as well as your runny nose, choose a product labeled "antihistamine."

Two common over-the-counter antihistamines are diphenhydramine (Benadryl and others, including generics) and chlorpheniramine maleate (Chlor-Trimeton and others, including generics). Both relieve allergy symptoms, but diphenhydramine makes most people drowsy and is best suited to bedtime use. The drug terfenadine, sold under the name Seldane, combines effective relief without drowsiness, but is available only by prescription. Another non-sedating antihistamine is astemizole (Hismanal).

Finally, for those who can suffer no more, consider desensitization or immunotherapy. A series of injections can build up your resistance to many common allergens, and offers partial or complete elimination of your symptoms.

Need more information? Call the AAAI's toll-free Physicians' Referral and Information Line: 800/822-2762.

BUYING GUIDE

Most of the products shown editorially in *Better Homes and Gardens*® magazine can be obtained locally. For more information, write the manufacturers listed. Some privately owned or custom-made items are omitted from the product listing.



INTO THE WOODS

Pages 20–21: Windows and screens, French doors—Quantum, 2720 34th St., Everett, WA 98201.

Pages 22–23: Windows and screens—Quantum, 2720 34th St., Everett, WA 98201. **Sink**—Elkay Mfg. Co., 2222 Camden Ct., Oak Brook, IL 60521. **Faucet**—American Standard, Inc., 1 Centennial Plaza, P.O. Box 6820, Piscataway, NJ 08855-6820; 800/223-0068.

KEEPING IT SIMPLE

Page 43: Armchair—The Lane Co., Inc., P.O. Box 151, Altavista, VA 24517. **Table**—Shaker Workshops, P.O. Box 1028, Concord, MA 01742.

Pages 44–45: Birdhouse—Lady Slipper Designs, Box 556, Rt. 3, Bemidji, MN 56601. **Japanese paper lamp**—Galbraith Paper Co., 307 N. Third St., Philadelphia, PA 19106. **Area rug**—Ralph Lauren Home Collection, Stevens Tower, 1185 Avenue of the Americas, New York, NY 10036. **Striped pillows**—Bloomingdale's, Decorative Pillow Dept., 1000 Third Ave., New York, NY 10022. **Quilt on sofa**—Victoria Hoffman, 427 E. 82nd St., New York, NY 10028.

Pages 46–47: Armchairs—The Lane Co., Inc., P.O. Box 151, Altavista, VA 24517. **Side chairs, table**—Shaker Workshops, P.O. Box 1028, Concord, MA 01742.

Page 49: Rocker—The Lane Co., Inc. (address above). **Nightstand**—Shaker Workshops (address above). **Garden clogs**—Smith & Hawkens, 25 Corte Madera, Mill Valley, CA 94941. **Quilts**—Victoria Hoffman (address above). **Wall covering**—Gear Holdings, Inc. 127 Seventh Ave., New York, NY 10011.

SILHOUETTES OF THE PAST

Pages 53–62: Metal sculptures and furniture throughout story—Keyser Sculpture, 160 W. Meadowlark Lane, Corrales, NM 87048; 505/897-0468.

Pages 54–55: New and antique native American rugs, toy drum—Indian Pueblo Cultural Center Gift Shop and Museum, 2401 12th St., NW, Albuquerque, NM 87102. **Cowhide rug**—Tandy Leather Co., P.O. Box 2934, Ft. Worth, TX 76113. **Wooden bowls**—Country Craft Midwest, 1225 W. First St., Nevada, IA 50201. **Paint**—Sherwin-Williams, 101 Prospect Ave., Cleveland, OH 44115. **Bronzing powder,** "Venus Bronze Powder," "Roman Gold Lining," No. 98—Country Craft Midwest (address above). **Baskets, flutes**—Peacecraft, 3107 Central Ave., Albuquerque, NM 87106.

Pages 56–57: Pueblo drawer dye—Rit Dye, Consumers Affairs Dept., Special CPC North America, P.O. Box 21070, 1437 W. Morris St., Indianapolis, IN 46221. **Stencil paint**—Liquitex, Permanent Pigments, Inc., 5120 Lester Rd., Cincinnati, OH 45212.

Page 62: Chargers—Country Craft Midwest (address above). **Paint**—Sherwin-Williams, 101 Prospect Ave., Cleveland, OH 44115. **Bronzing powder**—Country Craft Midwest (address above). **Dinner plates,** "Roman Antique"—Annie Glass, P.O. Box 8445, Santa Cruz, CA 95061. **Soup plates,** "Olmec"—Annie Glass (address above). **Flatware,** "Tesoro Turquois"—Oneida Silversmiths, Oneida Ltd., Oneida, NY 13421. **Glassware**—Pier 1, 301 Commerce, Suite 600, Ft. Worth, TX 76102. **Ceramic bowl on twig base**—Pam Denis, Rt. 4, Boone, IA 50036.

FRESH SUMMER RECIPES

Page 99: Green platter—Williams-Sonoma, 100 North Point St., San Francisco, CA 94133.

Page 100: Soup bowls and napkin—Williams-Sonoma, 100 North Point St., San Francisco, CA 94133.

Page 101: Napkin—Williams-Sonoma, 100 North Point St., San Francisco, CA 94133. **Platter**—Victoria and Richard McKenzie-Childs, Ltd., P.O. Box 308, Aurora, NY 13026-0308.

Page 102: Casserole—Silver Skillet, 2690 Via De La Valle, Del Mar, CA 92012.

Page 103: White dinner plate—Robinsons, 600 W. Seventh St., Los Angeles, CA 90017. **Silverware**—Country Downs, 1302 Camino Del Mar, Del Mar, CA 92014. **Purple napkin**—Silver Skillet, 2690 Via De La Valle, Del Mar, CA 92012.

Page 104: Blue bowls, blue napkin—Williams-Sonoma, 100 North Point St., San Francisco, CA 94133.

Page 106: Cutting board—Bazaar Del Mundo, 2750 Calhoun St., San Diego, CA 92110. **Casserole**—The Pottery Barn, Mail Order Dept., P.O. Box 7044, San Francisco, CA 94120-7044. **Yellow bowl**—Pier 1 Imports, P.O. Box 961020, Fort Worth, TX 76161-0020. **Napkin**—Silver Skillet, 2690 Via De La Valle, Del Mar, CA 92012.

Page 115: Bowl and small plate—Victoria and Richard McKenzie-Childs, Ltd., P.O. Box 308, Aurora, NY 13026-0308. **Striped napkin**—Williams-Sonoma, 100 North Point St., San Francisco, CA 94133.

PRIZE TESTED RECIPES®

Page 119 (*right*): Plate, "Arles" by Gien—available at Baccarat, 625 Madison Ave., New York, NY 10022. **Silverware,** "French Braid"—Reed & Barton Silversmiths, 144 W. Britannia St., Taunton, MA 02780; 800/343-1383.

Page 120 (*left*): Plate, by Laure Japy—Barneys, Seventh Ave. and 17th St., New York, NY 10011. **Glass,** "Oval Facette"—Dansk International Designs Ltd., Radio Circle Rd., Mount Kisco, NY 10549. **Fork and knife,** "Patrick"—Yamazaki Tableware, Inc., 150 North St., Teterboro, NJ 07680.

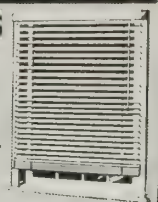
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Pages 19–26: Architect—Krafft & Krafft, Architects, 85 S. Washington St., Suite 201, Seattle, WA 98104.

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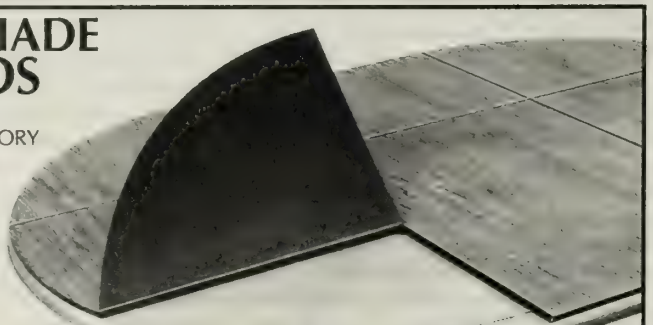
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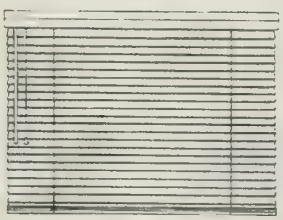
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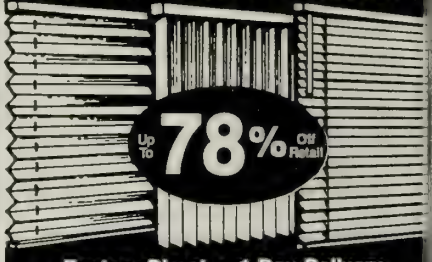
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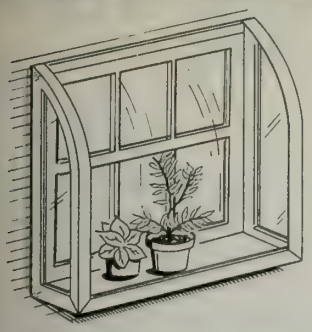
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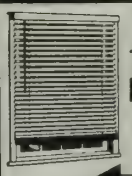
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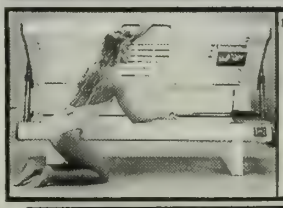
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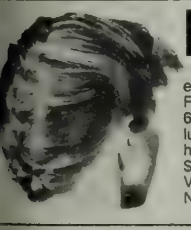
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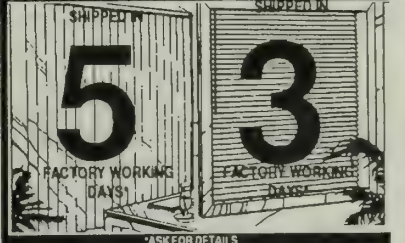
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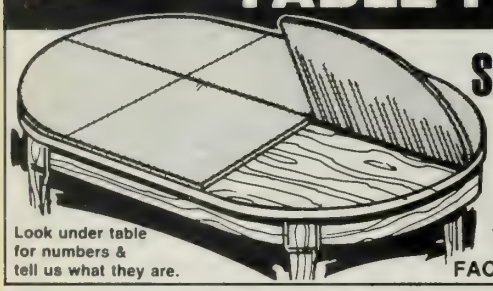
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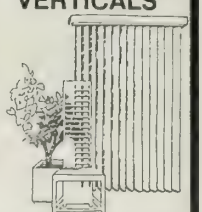
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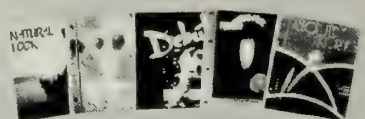
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THE MAN NEXT DOOR®

JULY 1991

■ Burt, Jr., has gotten into the Fourth of July spirit lately. He is constantly seeking to advance the cause of independence—his own, naturally.

■ Aunt Opal writes: "No fireworks display will ever outshine the look on the face of a 4-year-old watching a gleaming fire truck parading slowly down Main Street."

■ Chris has been eyeing the new "slim"-suits lately, those swimsuits that make you look thinner. She wonders if they violate the "truth in advertising" laws.

■ Elaine Cowan is considering bringing her cat along while she shops for a new living room chair. "After all," Elaine reasons, "Sniffles will probably use it the most."

■ An old-timer in baseball, observes Lee Bayless, is a player who never negotiated a three-year, no-cut, no-trade $2 million contract, then charged kids $15 for an autograph.

■ Dick and Dot Dresch just came back from their vacation, a canyon trek where each participant used a llama to ferry gear. "Mine was named 'Dahlia'," reports Dot. "Imagine the thrill of meeting the Dahlia llama."

■ Newspaper editor Earl Reeves says he worries less about illiteracy these days. "My real concern is all the folks who *can* read but don't."



"I told you not to trust that hat check girl!"



"We're nearing civilization. That's a cordless phone."

■ A wide-eyed Chris asked me why I was loading up our harvest basket with weeds pulled from the garden. "I figured the rabbits would leave the lettuce alone," I explained, "if the varmints saw me picking weeds for our daily salad."

■ "Considering the amount of junk food my male patients eat," notes Dr. Bob Hannelly, "it's too bad that the way to a man's heart is through his stomach."

■ "Goodness is its own reward," intoned the Rev. George Hall last Sunday. "But in case it isn't enough," he added, "we're increasing the size of the bingo prizes."

■ Chris says the real estate market is finally picking up around town. "You know things are getting better," she says, "when the motivational talk is the shortest part of our weekly agents' meeting."

■ Our Judy, 11, reported on a new illness that afflicts urban carpool riders in traffic jams in those big-city tunnels. She says they call it "Carpool-Tunnel Syndrome." Hm-m-m-m.

"Bummer!" Judy snorted when I told her our neighborhood city pool was being shut down. Burt, Jr., agreed. Both our kids learned to swim there, and have spent countless hours there since.

"I'm afraid there's nothing we can do," Chris explained. "The town council just doesn't have the money to repair the pumps."

"Or maybe they don't care what kids want," retorted Burt, Jr.

A couple of weeks later, the kids proved us wrong. They and their friends had gone door to door asking neighbors to sign a petition favoring the pool repairs. In all, they had more than 200 signatures.

Chris and I brought the kids to the next council meeting, where Council President Angela Salazar accepted the petition. It's too early to predict victory, but the council has voted to reconsider the matter.

Regardless of the final decision, I'd say that Burt, Jr., and Judy have come out the big winners.

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UGUST 1991

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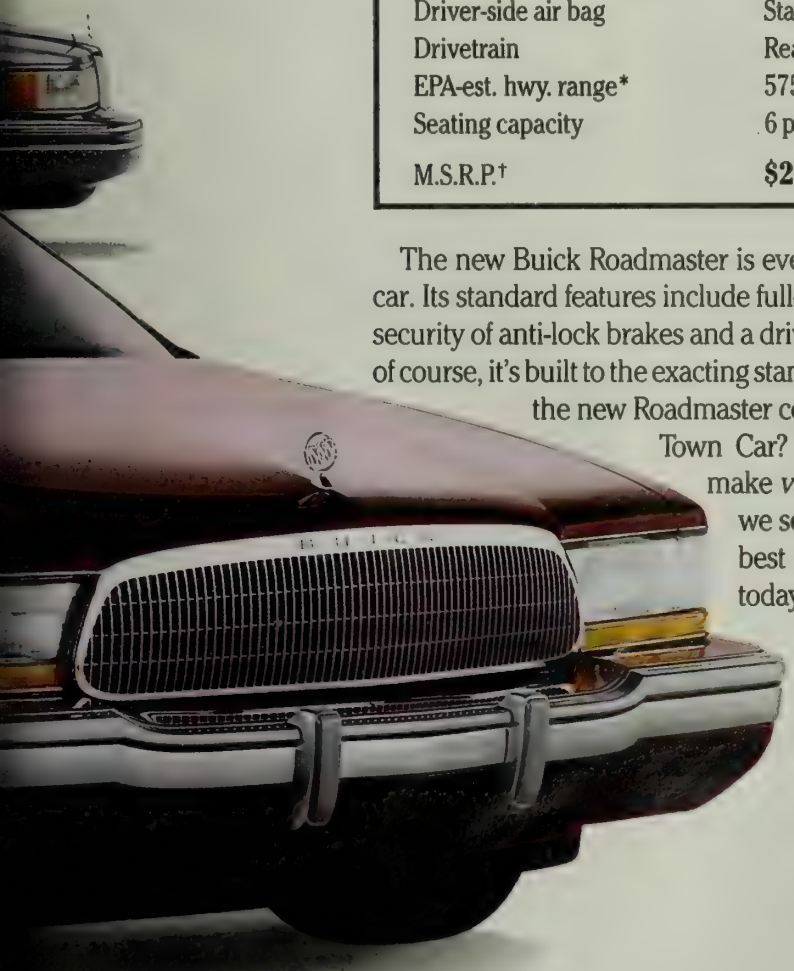
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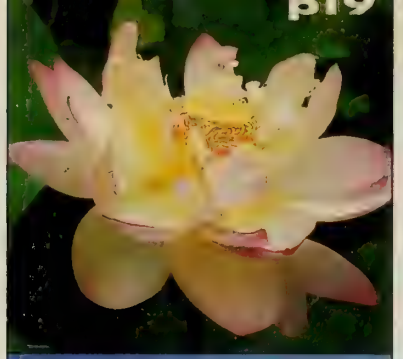
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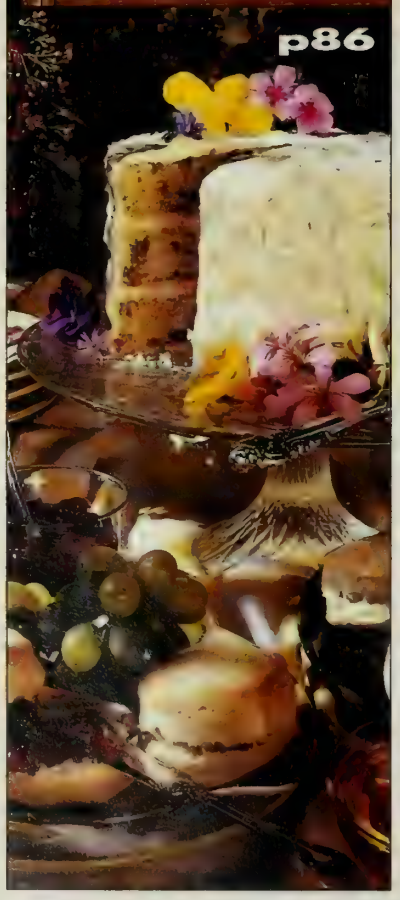
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circa 1957

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circa 1964

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circa 1973

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The French-Cut Bathing Suit
circa 1982

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The "I-Can't-Decide-On-A-One-Piece-or-Two-Piece-This-Year" Suit
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EDITOR'S LETTER

AUGUST 1991



GEORGE CEOLLA

RADICAL, DUDE! THIS CONCERT IS, LIKE, TOTALLY AWESOME!

Dear Readers,

I wouldn't have thought of the Beach Boys as an American institution if my 28-year-old daughter, Sarah, hadn't told me to tell them that she'd been a fan of theirs for more than 20 years. But, of course, these guys *are* an institution after more than 30 years of Surfin' USA.

You might wonder why I would have the occasion to convey Sarah's adulation. Well, it all seemed pretty strange to me, too, when I found myself backstage in Dallas amid a swirl of promoters, stagehands, public relations people, and beautiful young Beach Boys cheerleaders.

But, there was a good reason for it all. Borden snack products and the Beach Boys have banded together to help The Better Homes™ Foundation help homeless families. The Beach Boys "Snackin' USA" live concert tour will visit more than 70 cities across the country this summer. Associated with these appearances will be various contests, drawings, beach parties, and other related fund-raisers for our Foundation, which you'll hear about on your local radio station.

Also look for the official Beach Boys Snackin' USA T-shirt offer on packages of Krunchers! Potato Chips. All the profits from the T-shirt sales go to The Foundation.

And, of course, you'll want to watch for the concert in your area. I can tell you from the show I saw in Dallas that these guys have only gotten better over the years. They put on a wonderful performance that your whole family will enjoy.

After the show, I talked with Mike Love, the group's lead singer. It turns out that we have some concerns in common. We both want to help kids get a good start in life, particularly disadvantaged and homeless kids. Mike's current project, "Camp California," uses cartoon characters Byron Bear and Li'l Bro to help kids learn good values and stay in school.

Mike told me that The Better Homes™ Foundation will also benefit from the sale of a classic Beach Boys' cassette tape, featuring never-before-released recordings of some of the band's most popular songs. You can buy these tapes at the concerts, or through newspaper ads for Borden's snacks in your area, such as Jay's, Wise, Guy's, Laura Scudders, and Clover Club.

But, if you can't get to a concert, you can order your tape right now by sending $2.95 plus $1 for postage and handling (total $3.95) for each cassette to:

The Beach Boys Cassette Offer
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One way or another, reconnect with the Beach Boys this summer. You'll have some fun and help us help homeless families.

David Jordan

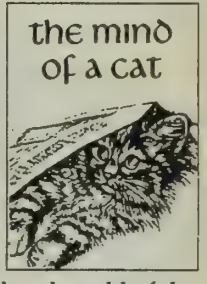
David Jordan, Editor in Chief

The Purr-fect Books for Every Cat Lover





DO CATS THINK? Well, of course they do. They're human, just like all of us... or at least you'd think so by the way people treat them. In all seriousness though, the answer to the question, "DO CATS THINK?" is an emphatic "Yes!" For those of you who already knew the answer to this question, reading this book will supply all the scientific and anecdotal evidence that you will need to CATegorically refute any claims to the contrary. *DO CATS THINK? Notes of a Cat-Watcher* is the work of a reformed cat-hater who, through his relationship with his own pet tabby Samantha, has gained a new-found respect for one of nature's most intelligent creatures.



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FAMILY TREASURES

It's difficult for older people to give up many of their treasured items when they have to move from their home into an apartment or home for the elderly. We solved this problem with our mother by encouraging her to give her favorite keepsakes to her children and grandchildren as Christmas and birthday gifts. The grandchildren, especially, were delighted.

Mrs. Irene Zimmerle
Elgin, N.D.

THIRSTY KIDS

Summer's heat always brings a swarm of hot and thirsty children to my door, asking for drinks of water. I solved the problem by filling a large, insulated pitcher with ice water and leaving it in a shaded spot on the porch. I then assigned each of my children and their playmates a different cup. Now, they serve themselves.

Susan Edwards
Charlotte, N.C.

UNWANTED GIFT

My favorite aunt has been generous to a fault with me, always remembering traditional gift-giving days, and sometimes sending presents just because she thinks of me. Recently, she sent us an expensive Chinese porcelain figurine. It doesn't fit into our decor and, frankly, my husband and I both think it's ugly. If we tell my aunt the truth, her feelings will be hurt. The obvious thing is to thank her, then put it out if she comes to visit. However, if we do this, we're afraid she'll send us more figurines. I don't want her to spend money on this stuff but I also don't want to hurt her. What to do?

Mrs. Dorothy Kirby
North Salt Lake, Utah

FAMILY NETWORK®

READERS' SOLUTIONS TO FAMILY AND COMMUNITY PROBLEMS

WHERE'S MY CHILD?

Shopping with my 2-year-old was always nerve-racking. She wouldn't sit in the stroller, and I panicked if she got out of my sight. The solution: We buy a bright balloon to tie to her wrist. Now I always know where she is.

Cathy Machac
Dallas, Tex.

AUTO ACCIDENT TIP

Try to keep an inexpensive camera under the seat of your car at all times. Then, if you happen to be involved in an accident, you can take photographs that will likely provide indisputable evidence.

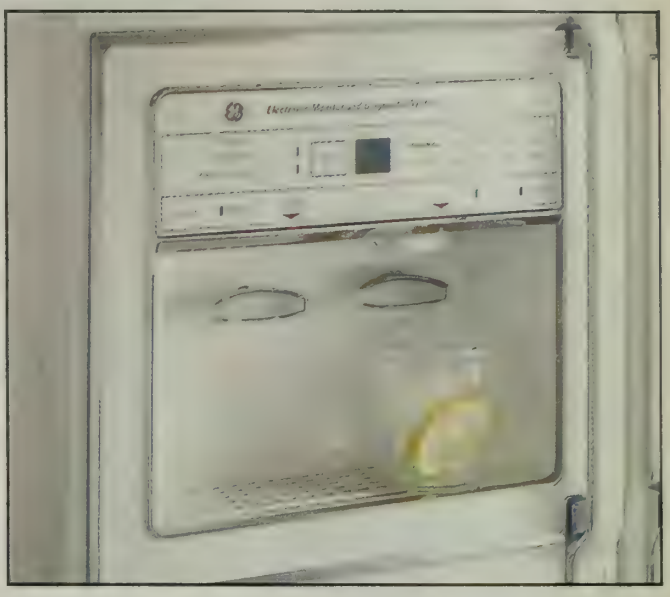
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Family Network welcomes letters describing how you solved problems involving your family or your community, or letters asking for help with an unsolved problem. Write to Family Network, *Better Homes and Gardens*, 1716 Locust St., Des Moines, IA 50336. Letters may be edited for space. All letters become the property of *Better Homes and Gardens*®. We will pay $50 for each letter published. BH&G

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MENOPAUSE MYTH NO. 2

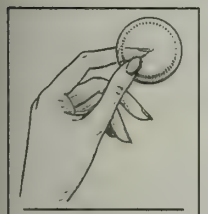
"YOU'D BETTER LEAVE SPORTS TO THE YOUNGSTERS."

It's hard to feel very energetic, much less sporty, when you're worried about hot flashes. Or when your sleep has been interrupted by night sweats. And while no woman should expect to maintain the vigor of a nineteen-year-old, you owe it to yourself to learn as much as you can about menopause, and how to deal with its symptoms.

THE ENLIGHTENED APPROACH TO MENOPAUSE.

Menopause remains a subject often clouded by myth, misinformation, and fear. But its symptoms are very real. They may be mild, or quite severe, and they're different for every woman. But the hot flashes, vaginal dryness, and night sweats that can cause insomnia are not "all in your head." They are the result of your body's loss of estrogen. Estraderm® "puts back" some of this estrogen in a very unique way.

ESTRADERM WORKS THE WAY YOUR BODY DOES.



"THE PATCH" A NON-MEDICATED SAMPLE IS INCLUDED IN THE FREE INFORMATION PACK.

Estraderm is a clear, round patch that you apply directly to your skin. The Estraderm Patch relieves your symptoms by delivering small, steady doses of estradiol into your bloodstream, similar to the way your ovaries did before menopause. Estraderm is the only estrogen replacement therapy that works this way. It is identical to the estrogen your body produced and, because you don't ingest it, Estraderm bypasses your liver and stomach. Plus, The Estraderm Patch is easy to apply and stays in place during bathing or swimming.

WHAT TO ASK YOUR DOCTOR ABOUT THE ESTRADERM PATCH.

Q: What are the benefits and risks of Estraderm versus other treatments?

Q: How can I tell if The Estraderm Patch is right for me?

Q: Can Estraderm help relieve vaginal dryness?

Q: How long will I need to wear The Estraderm Patch?

A FREE MENOPAUSE INFORMATION PACK.

The researchers, pharmacists, and physicians at CIBA have compiled the latest information about menopause, its symptoms, and The Estraderm Patch. To receive it free, call 1-800-521-CIBA, or send this coupon.

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ESTRADERM® ESTRADIOL TRANSDERMAL SYSTEM AVAILABLE IN 0.05 MG AND 0.1 MG STRENGTHS.

FOR BRIEF SUMMARY OF PRESCRIBING INFORMATION, SEE NEXT PAGE.

Estraderm

ESTRADIOL TRANSDERMAL SYSTEM

NOW THE CHANGE OF LIFE DOESN'T HAVE TO CHANGE YOURS.

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ESTRADERM

estradiol transdermal system

Continuous delivery for twice-weekly application.
BRIEF SUMMARY OF PRESCRIBING INFORMATION.
PLEASE SEE FULL PRESCRIBING INFORMATION.

ESTROGENS HAVE BEEN REPORTED TO INCREASE THE RISK OF ENDOMETRIAL CARCINOMA.

Three independent case control studies have reported an increased risk of endometrial cancer in postmenopausal women exposed to exogenous estrogens for more than 1 year. This risk was independent of the other known risk factors for endometrial cancer. These studies are further supported by the finding that incidence rates of endometrial cancer have increased sharply since 1969 in eight different areas of the United States with population-based cancer-reporting systems, an increase which may be related to the rapidly expanding use of estrogens during the last decade.

The three case control studies reported that the risk of endometrial cancer in estrogen users was about 4.5-13.9 times greater than in nonusers. The risk appears to depend both on duration of treatment and on estrogen dose. In view of these findings, when estrogens are used for the treatment of menopausal symptoms, the lowest dose that will control symptoms should be utilized and medication should be discontinued as soon as possible. When prolonged treatment is medically indicated, the patient should be reassessed on at least a semiannual basis to determine the need for continued therapy. Although the evidence must be considered preliminary, one study suggests that cyclic administration of low doses of estrogen may carry less risk than continuous administration; it therefore appears prudent to utilize such a regimen.

Close clinical surveillance of all women taking estrogens is important. In all cases of undiagnosed persistent or recurring abnormal vaginal bleeding, adequate diagnostic measures should be undertaken to rule out malignancy.

There is no evidence at present that "natural" estrogens are more or less hazardous than "synthetic" estrogens at equiestrogenic doses.

ESTROGENS SHOULD NOT BE USED DURING PREGNANCY.

The use of female sex hormones, both estrogens and progestogens, during early pregnancy may seriously damage the offspring. It has been shown that women who had been exposed *in utero* to diethylstilbestrol, a nonsteroidal estrogen, have an increased risk of developing in later life a form of vaginal or cervical cancer that is ordinarily extremely rare. This risk has been estimated as not greater than 4 per 1000 exposures. Furthermore, a high percentage of such exposed women (30-90%) have been found to have vaginal adenosis, epithelial changes of the vagina and cervix. Although these changes are histologically benign, it is not known whether they are precursors of malignancy. Although similar data on the use of other estrogens are not available, it cannot be presumed they would not induce similar changes.

Several reports suggest an association between intrauterine exposure to female sex hormones and congenital anomalies, including congenital heart defects and limb-reduction defects. One case control study estimated a 4.7-fold increased risk of limb-reduction defects in infants who had been exposed *in utero* to sex hormones (oral contraceptives, hormone withdrawal tests for pregnancy, or attempted treatment for threatened abortion). Some of these exposures were very short and involved only a few days of treatment. The data suggest that the risk of limb-reduction defects in exposed fetuses is somewhat less than 1 per 1000.

In the past, female sex hormones have been used during pregnancy in an attempt to treat threatened or habitual abortion. There is considerable evidence that estrogens are ineffective for these indications, and there is no evidence from well-controlled studies that progestogens are effective for these uses.

If Estraderm is used during pregnancy, or if the patient becomes pregnant while taking this drug, she should be apprised of the potential risks to the fetus and of the advisability of continuation of the pregnancy.

INDICATIONS AND USAGE

Estraderm is indicated for the treatment of the following: moderate-to-severe vasomotor symptoms associated with menopause; female hypogonadism; female castration; primary ovarian failure; and atrophic conditions caused by deficient endogenous estrogen production, such as atrophic vaginitis and kraurosis vulvae.

CONTRAINDICATIONS

Estrogens should not be used in women or men with any of the following conditions:

1. known or suspected cancer of the breast;
2. known or suspected estrogen-dependent neoplasia;
3. known or suspected pregnancy (see Boxed Warning);
4. undiagnosed abnormal genital bleeding;
5. active thrombophlebitis or thromboembolic disorders;
6. history of thrombophlebitis, thrombosis, or thromboembolic disorders associated with previous estrogen use.

WARNINGS

1. *Induction of Malignant Neoplasms.* Long-term continuous administration of natural and synthetic estrogens in certain animal species increases the frequency of carcinomas of the breast, cervix, vagina, and liver. There are now reports that estrogens increase the risk of carcinoma of the endometrium in humans. (See Boxed Warning.)

At the present time, there is no satisfactory evidence that estrogens given to postmenopausal women increase the risk of breast cancer, although a recent long-term follow-up of a single physician's practice has raised this possibility. Because of the animal data, there is a need for caution in prescribing estrogens for women with a strong family history of breast cancer or who have breast nodules, fibrocystic disease, or abnormal mammograms.

threefold increase in the risk of surgically confirmed gallbladder disease in postmenopausal women receiving oral estrogens, similar to the twofold increase previously noted in users of oral contraceptives.

3. *Effects Similar to Those Caused by Estrogen-Progestogen Oral Contraceptives.* There are several serious adverse effects of oral contraceptives and other high-dose oral estrogen treatments, most of which have not, up to now, been documented as consequences of postmenopausal estrogen replacement therapy. This may reflect the comparatively low doses of estrogen used in postmenopausal women.

a. *Thromboembolic Disease.* It is now well established that users of oral contraceptives have an increased risk of various thromboembolic and thrombotic vascular diseases, such as thrombophlebitis, pulmonary embolism, stroke, and myocardial infarction. Cases of retinal thrombosis, mesenteric thrombosis, and optic neuritis have been reported in oral contraceptive users. There is evidence that the risk of several of these adverse reactions is related to the dose of the drug. An increased risk of postsurgery thromboembolic complications has also been reported in users of oral contraceptives. If feasible, estrogen should be discontinued at least 4 weeks before surgery of the type associated with an increased risk of thromboembolism, or during periods of prolonged immobilization.

While an increased rate of thromboembolic and thrombotic disease in postmenopausal users of estrogens has not been found, this does not rule out the possibility that such an increase may be present or that subgroups of women who have underlying risk factors or who are receiving relatively large doses of estrogens may have increased risk. Therefore, estrogens should not be used in persons with active thrombophlebitis or thromboembolic disorders, and they should not be used in persons with a history of such disorders in association with estrogen use. They should be used with caution in patients with cerebral vascular or coronary artery disease and only for those in whom estrogens are clearly needed.

Large doses of estrogen (5 mg conjugated estrogens per day), comparable to those used to treat cancer of the prostate and breast, have been shown in a large prospective clinical trial in men to increase the risk of nonfatal myocardial infarction, pulmonary embolism, and thrombophlebitis. When estrogen doses of this size are used, any of the thromboembolic and thrombotic adverse effects associated with oral contraceptive use should be considered a clear risk.

b. *Hepatic Adenoma.* Benign hepatic adenomas have been associated with the use of oral contraceptives. Although benign and rare, these tumors may rupture and cause death from intra-abdominal hemorrhage. Such lesions have not yet been reported in association with other estrogen or progestogen preparations, but they should be considered if abdominal pain and tenderness, abdominal mass, or hypovolemic shock occurs in patients receiving estrogen. Hepatocellular carcinoma has also been reported in women taking estrogen-containing oral contraceptives. The causal relationship of this malignancy to these drugs is not known.

c. *Elevated Blood Pressure.* Women using oral contraceptives sometimes experience increased blood pressure which, in most cases, returns to normal upon discontinuing the drug. There is now a report that this may occur with use of oral estrogens in the menopause and blood pressure should be monitored with estrogen use, especially if high doses are used. Ethinyl estradiol and conjugated estrogens have been shown to increase renin substrate. In contrast to these oral estrogens, transdermally administered estradiol does not affect renin substrate.

d. *Glucose Tolerance.* A worsening of glucose tolerance has been observed in a significant percentage of patients on estrogen-containing oral contraceptives. For this reason, diabetic patients should be carefully observed while receiving estrogen.

4. *Hypercalcemia.* Administration of high doses of estrogens may lead to severe hypercalcemia in patients with breast cancer and bone metastases. If hypercalcemia occurs, use of the drug should be stopped and appropriate measures should be taken to reduce the serum calcium level.

PRECAUTIONS

General

1. A complete medical and family history should be taken before initiation of any estrogen therapy. The pretreatment and periodic physical examinations should include special reference to blood pressure, breasts, abdomen, and pelvic organs, as well as a cervical Papanicolaou test. As a general rule, estrogen should not be prescribed for longer than 1 year without another physical examination being performed.
2. Because estrogens may cause some degree of fluid retention, careful observation is required when conditions that might be influenced by this factor are present (e.g., asthma, epilepsy, migraine, and cardiac or renal dysfunction).
3. Certain patients may develop undesirable manifestations of excessive estrogenic stimulation, such as uterine bleeding, mastodynia, etc.
4. Prolonged administration of unopposed estrogen therapy has been reported to increase the risk of endometrial hyperplasia in some patients. Estrogens should be used with caution in patients who have or have had endometriosis.
5. Studies of the addition of a progestin for 7 or more days of a cycle of estrogen administration have reported a lowered incidence of endometrial hyperplasia. Morphological and biochemical studies of endometrium suggest that 12 to 13 days of progestin are needed to provide maximal maturation of the endometrium and to eliminate any hyperplastic changes. Whether this will provide protection from endometrial carcinoma has not been clearly established. There are possible additional risks that may be associated with the inclusion of progestin in estrogen replacement regimens. The potential risks include adverse effects on carbohydrate and lipid metabolism. The choice of progestin and dosage may be important in minimizing these adverse effects.
6. Oral contraceptives appear to be associated with an increased incidence of mental depression. Although it is not clear whether this is due to the estrogenic or progestogenic component of the contraceptive, patients with a history of depression should be carefully observed.
7. Preexisting uterine leiomyomata may increase in size during prolonged estrogen use. If this occurs, estrogen therapy should be discontinued while the cause is investigated.
8. In patients with a history of jaundice during pregnancy, there is an increased risk that jaundice will recur with the use of estrogen-containing oral contraceptives. If jaundice develops in any patient receiving estrogen, the medication should be discontinued while the cause is investigated.
9. Estrogens may be poorly metabolized in patients with impaired liver function and should be administered with caution in such patients.
10. Because the prolonged use of estrogens influences the metabolism of calcium and phosphorus, estrogens should be used with caution in patients with metabolic bone diseases associated with hypercalcemia and in patients with renal insufficiency.

Information for Patients

See Patient Package Insert.

Drug/Laboratory Test Interactions

The results of certain endocrine and liver function tests may be affected by estrogen-containing oral contraceptives. The following changes have been observed with large doses of oral estrogen:

1. increased sulfobromophthalein retention;
2. increased prothrombin time; increased factors VII, VIII, IX, and X; decreased antithrombin 3; increased norepinephrine-induced platelet aggregability;
3. increased thyroxine-binding globulin (TBG), leading to increased circulating total thyroid hormone (T_4) as measured by column or radioimmunoassay; free T_3 resin uptake is decreased, reflecting the elevated TBG; free T_4 concentration is unaltered; TBG was not affected in clinical trials of Estraderm;
4. reduced response to the metyrapone test;
5. reduced serum folate concentration;
6. increased serum triglyceride and phospholipid concentration, and decreased pregnanediol excretion.

The pathologist should be informed that the patient is receiving estrogen therapy when relevant specimens are submitted.

Carcinogenesis, Mutagenesis, Impairment of Fertility

See WARNINGS and Boxed Warning.

Long-term continuous administration of natural and synthetic estrogens in certain animal species increases the frequency of carcinomas of the breast, cervix, vagina, and liver.

Pregnancy Category X

See CONTRAINDICATIONS and Boxed Warning.

Estrogens should not be used during pregnancy.

Nursing Mothers

As a general principle, the administration of any drug to nursing mothers should be done only when clearly necessary since many drugs are excreted in human milk.

ADVERSE REACTIONS

See WARNINGS and Boxed Warning regarding potential adverse effects on the fetus, induction of malignant neoplasms, increased incidence of gallbladder disease, and adverse effects similar to those of oral contraceptives, including thromboembolism.

The most commonly reported adverse reaction to Estraderm in clinical trials was redness and irritation at the application site. This occurred in about 17% of the women treated and caused approximately 2% to discontinue therapy. Reports of rash have been rare.

The following additional adverse reactions have been reported with estrogenic therapy, including oral contraceptives:

Genitourinary System: Breakthrough bleeding, spotting, change in menstrual flow; increase in size of uterine fibromyomata; change in cervical erosion and amount of cervical secretion.

Endocrine: Breast tenderness, breast enlargement.

Gastrointestinal: Nausea, vomiting; abdominal cramps, bloating; cholestatic jaundice have been observed with oral estrogen therapy.

Eyes: Steepening of corneal curvature; intolerance to contact lenses.

Central Nervous System: Headache, migraine, dizziness.

Miscellaneous: Change in weight, edema, change in libido.

HOW SUPPLIED

Estraderm 0.05 (estradiol transdermal system)—each 10 cm^2 system contains 4 mg of estradiol USP for nominal* delivery of 0.05 mg of estradiol per day

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*See DESCRIPTION.

Do not store above 86°F (30°C).

Do not store unpouched. Apply immediately upon removal from the protective pouch.

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by
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the Danbury Mint

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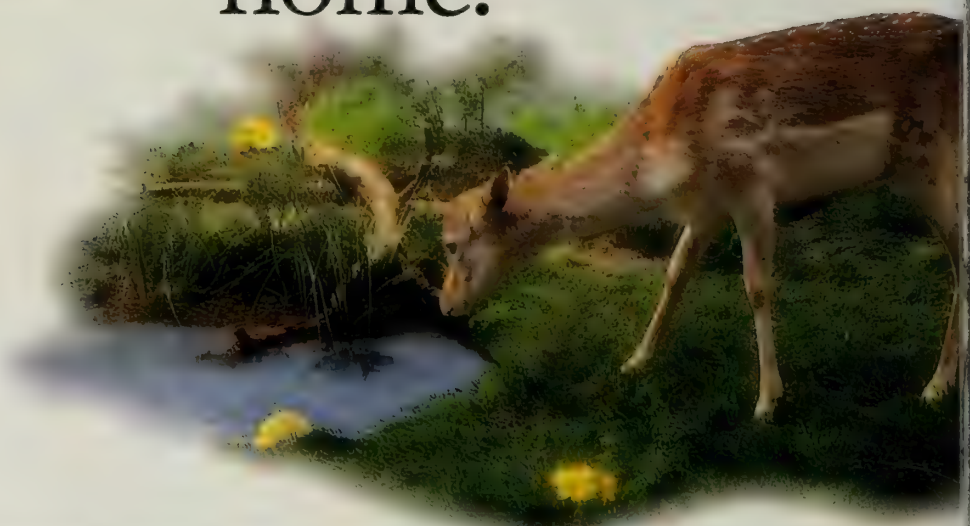
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Norman Rockwell recognized the beauty and mystique of a young woman weaving her hopes and fantasies. It was a theme for many of his most sensitive and insightful works. And on June 27, 1925 his portrait of one beautiful dreamer came alive for all to see, when it appeared on the cover of The Saturday Evening Post.

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"Sitting Pretty" brings Norman Rockwell's famous Saturday Evening Post cover from June 27, 1925 to life with the true color and detail of Rockwell's original painting.



Actual size is 4¾" high, 4¾" wide, 4¾" deep.

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EARN YOUR DEGREE BY CABLE TV

Tradition meets technology



STEVE BJÖRKMAN

"Some people think that this is academic MTV. But students wouldn't let schools get away with that."

It's back-to-school season, and, once again, you've vowed to complete your college degree. Sounds good, but between work and family, where will you find the time? Here's an idea that really clicks: Finish the last two years of your bachelor's degree by watching cable TV in your own home.

Satellite broadcasts and cable TV have home-delivered college courses for years. But starting this fall, the University of Maryland University College will begin a first-of-its-kind cable program offering adults the chance to earn a B.A. or B.S. degree with a concentration in management.

The changing student. Learning by way of TV is becoming a solid choice for a growing number of busy adult students. It's all part of what educators call "distance education" or "distance learning." These labels refer to programs, such as University College's cable classes, that help erase the learning barriers of time and geography. "It appears to be the wave of the future," says Bob Aaron, director, Office of Communications, National Association of State Universities and Land-Grant Colleges.

The next step. Maryland's University College is one of nine schools, including Colorado State University and the University of Oklahoma, that formed a special national consortium to support the new degree-completion cable program. You can take cable classes from the other schools, too, but your degree will be granted by University College.

In some ways, the cable program mirrors on-campus courses, says Paul Hamlin, dean of undergraduate programs at University College. Tuition costs about the same, $176 per semester credit hour, and books are comparable in price as well. That's why you'll also be eligible for financial aid, including scholarships. Admission requirements are graduation from high school and a cumulative grade point average of 2.0 or better on all accredited college work.

What's different is that students will follow along with the video using a special course guide, send and receive materials through the mail, and dial an 800-number "voice-mail" system to find out assignments or leave messages for professors. The actual classes will probably be shown between 7 p.m. and 11 p.m. Eastern Standard Time and include a mix of case studies, interviews, and visual examples.

How good are these cable classes? "Some people think that this is academic MTV," says Aaron. "But students wouldn't let schools get away with that."

Just like regular classes, Aaron says that the number of papers and exams will vary with each professor. Here's a plus: You can probably do most of your work at home, except for taking the final exam. That's arranged with an approved proctor at a university or other location near your home.

After all of your course work is completed, you may want to go to College Park, Maryland, to attend the actual graduation ceremony—cap, gown, and tassel. And don't worry, your distance-learning degree is fully accredited.

Who should do it? This cable program won't fit everyone's needs, of course. Because it covers only the final two years of a bachelor's degree, college freshmen aren't eligible. It *is* ideal for students who've either started at a community college or have been unable to complete their regular college degree for some reason.

Hamlin says nontraditional students, such as working mothers and fathers and those with family commitments, are definitely the target. "Students have a flexible format for taking classes," he explains. In fact, some students combine their on-campus courses with their cable classes.

The program will initially be available to more than 11 million homes nationwide through the Mind Extension University, The Education Network, an affiliate of Jones Intercable in Denver. Several other cable networks will also offer the new program. For more information, call 800/777-6463 or write: Mind Extension University, Dept. BHG, 9697 E. Mineral Ave., Englewood, CO 80112.

Talk To Your Kid About Drinking Before He Gets His First Set Of Wheels.



Surprised to hear you should be talking about drinking to a kid who's mastering a bike rather than a car? Don't be.

At Anheuser-Busch, we believe the sooner parents teach their kids the responsibilities of drinking, the more likely it is the kids will decide not to drink before they're of legal age—and to drink wisely, if they choose to drink, when they become adults.



Family Talk About Drinking

With this in mind, we've developed an educational program called **Family Talk About Drinking.**

It features a series of informative guides written in conjunction with prominent authorities on children, family counseling, and alcohol research.

The guides cover everything from the effects of peer pressure and recognizing teenage drinking problems to drinking and driving and the community resources available to you and your kids. It's easy to get the guides. For copies, just call 1-800-359-TALK.

1-800-359-TALK

Once you read **Family Talk About Drinking** we're confident you'll see just how helpful the program can be.

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COVERING THE GAPS IN MEDICARE

New rules to protect consumers

Medicare provides basic health insurance coverage for people who are aged 65 and older or have certain disabilities. Yet Medicare protection is far from complete, especially in these days of soaring health-care expenditures.

To supplement coverage, insurance companies have long offered so-called Medigap policies—at annual prices ranging from $650 to $1,200, $1,500, or more. But finding the right contract at the right price has been difficult, and especially confusing for the elderly. The market is full of complex policies that defy comparison. Also, sales tactics can be misleading, if not abusive.

More consumer protection. To help customers make informed choices, Congress recently imposed tougher standards for Medigap insurers. The heart of the legislation requires the companies to market standardized policies so that customers can compare competitive products more easily.

Ten standard policies, including a basic core-benefit contract, should be available next year. Each Medigap insurer must offer the basic policy, and may choose any of nine other contracts offering varied benefits. (Generally, the more the contracts fill the gaps in Medicare, the more expensive the policy.)

To ease comparisons with other policies and with Medicare's benefits and gaps, insurers also must provide potential buyers with outlines of policy coverage. All outlines must use uniform language.

The best of the Longs



Introducing Always Longs. The cleaner, drier pantiline

Under the new law, states may apply for federal grants to set up or expand free counseling programs on Medicare, Medicaid, and other health-care issues. However, as we went to press, Congress had not yet appropriated the $10 million that was authorized for this purpose. About 12 states already offer counseling.

OTHER SAFEGUARDS

Additional provisions (and effective dates) under the new law include:

- **Prevention of duplication:** Agents may not sell a Medigap policy to anyone who has one, unless the buyer provides written intention to drop the old policy. (1992)
- **No waiting periods** or preexisting conditions are allowed when one Medigap policy is bought to replace another. (November 1991)
- **Guaranteed renewability:** A policy may be cancelled or not renewed only if the policyholder did not pay for it, or lied. (November 1991)
- **Medigap by mail:** Direct-marketed policies must be approved by states in which they're sold, giving buyers state protection. (July 1991)
- **Group policies:** When a contract is terminated, group participants must be offered conversion to individual policies. (1992)
- **Open enrollment:** The insurance company must offer coverage to individuals, regardless of medical history, for a six-month period after they turn 65. (Don't miss this deadline.) The same applies to the working-aged for the six months after they enroll in Medicare's Part B. Higher prices cannot be charged for this advantage. (November 1991)
- **Loss ratios:** Insurers must pay at least 65 cents in benefits for each premium dollar received on individual policies, and 75 cents on group contracts. (November 1991)
- **Penalties:** The law specifies penalties for violations. For example, sale of an unapproved policy will cost an insurer $25,000 and an agent $15,000; each violation of the open-enrollment rule, $5,500.

Note: Some federal safeguards might be less stringent than those already in effect under your state's law. Get guidance from the insurance department in your capital.

With today's soaring health-care costs, buying the right supplemental coverage for Medicare is critical.

SHOP AND COMPARE

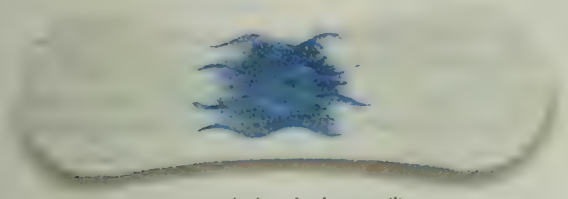
Before buying any Medigap policy, review Medicare's benefits and gaps. The chart on page 36 will help.

Also analyze your medical history and expenses, weigh potential out-of-pocket expenses for gap coverage against increased premium costs, and decide which services you would want a supplementary policy to pay for.

Then shop with several reputable insurers to compare policies. Be sure to compare plans carefully before deciding on which is best for you.

continued on page 36

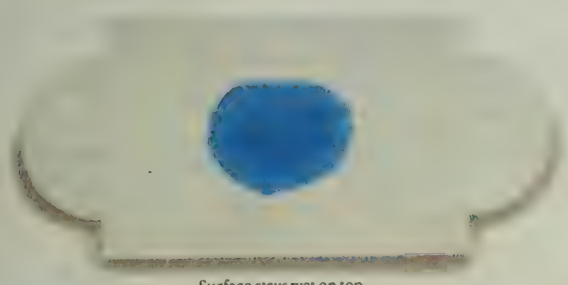
The test of the Longs.



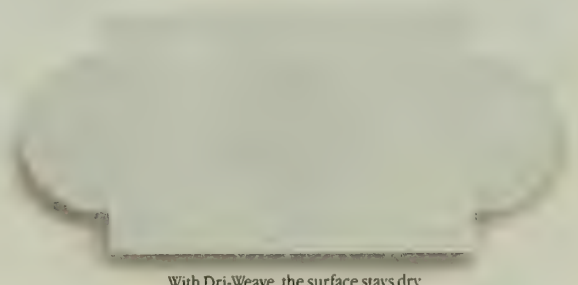
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Always® Longs top all other long pantiliners. Because we have Dri-Weave, the amazing topsheet that pulls moisture right into the pantiliner...away from you. So, while other pantiliners can stay wet on top, Always Longs stay cleaner and drier. But that's not the only reason you're better protected. We're longer than any other long pantiliner, too.

Always Longs pantiliners. The cleaner, drier way to a fresh day.

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MEDIGAP INSURANCE

continued from page 35

Tip: If you belong to a group, ask about group Medigap policies. You could save considerably in premiums.

For more information, including how to determine your Medigap needs, contact these sources. Also look for updates in 1992, as the standardized policies become available.

- **Local Social Security offices.** For free, general Medicare information.
- **"Guide to Health Insurance for People with Medicare" (free)** and **"The Medicare Handbook" ($2.25).** Order from the Consumer Information Center, Dept. BHG, Pueblo, CO 81009.
- **"MEDIGAP: Medicare Supplement Insurance."** Stock No. D14042. For a free single copy, send your name and address on a postcard to: AARP Fulfillment, EEO157, Washington, DC 20049.
- **"Consumer's Guide to Medicare Supplement Insurance."** Free from HIAA, P.O. Box 41455, Washington, DC 20018.

WHAT ARE THE GAPS?

While Medicare pays for a large part of your health care, medical bills could overwhelm you unless you own a supplemental—or Medigap—policy. To help you compare policies and evaluate costs, the following chart briefly describes Medicare's major benefits and payments and the gaps for which you would be responsible. Your social security office has details. *Note:* Part A provides hospital coverage. The optional Part B (currently costing $29.90 a month) provides certain medical coverage.

MEDICARE PART A—Coverage for each benefit period (1)

Benefit	Medicare payment	Gap in coverage (2)
Hospitalization		
First 60 days	all but . . .	first $628
61st to 90th day	all but . . .	$157 a day
91st to 150th day (3)	all but . . .	$314 a day
Beyond 150 days	nothing	all costs
Approved skilled nursing facility		
First 20 days	all	none
Next 80 days	all but . . .	$78.50 a day
Beyond 100 days	nothing	all costs
Home health care		
Medical services	all	none
Durable medical equipment	80% of approved amount	20%
Hospice care	all but . . .	limited cost sharing
Blood (per calendar year)	all but . . .	first three pints

MEDICARE PART B—Coverage for each calendar year

Benefit	Medicare payment	Gap in coverage
(Deductible)		You pay first $100 of year's cost of covered services
Doctor's and other medical services	80% of approved amounts	20%, plus excess charges (4)
Laboratory services	all	none
Home health care	.....The same as under Part A.....	
Outpatient hospital treatment	80% of approved amount	20%
Blood	80% of approved amount after third pint	First three pints and 20% of balance

(1) A Part A benefit period begins with initial hospitalization, and ends after you've been discharged and haven't received skilled care in any other facility for 60 days in a row.

(2) In addition to gaps listed, Medicare doesn't pay for private-duty nursing, most outpatient drugs, most overseas care, custodial nursing-home care, checkups, cosmetic surgery, and dental, eye, and foot care.

(3) A lifetime reserve of 60 days may be used. Not renewable.

(4) Physicians not accepting Medicare allowances cannot exceed Medicare-approved charges by more than 40 percent in 1991 (20 percent in 1992, 15 in 1993) for medical evaluation and management service, and 25 percent for other covered services. More stringent laws in several states supersede federal restrictions; check your state's insurance commission.

Now, in just 1 minute find out if you're pregnant.

The new 1-minute* FIRST RESPONSE® Pregnancy Test method is so easy, it's the fastest way to get a "yes" or "no"...*any time of day.*

Even if you're in a rush, you have time for the new FIRST RESPONSE® Pregnancy Test. It is so easy, 1 minute* is all you wait. Saves you hours of wondering whether you are or aren't pregnant! And it's faster than any stick test.



If you think you're pregnant, why should you use the new FIRST RESPONSE® Pregnancy Test instead of other home pregnancy tests?

The FIRST RESPONSE® Pregnancy Test is so convenient. Not only is it the fastest method, it's easy to read and you can do it *any time of day.*

How early can the new FIRST RESPONSE® Pregnancy Test tell if you're pregnant or not?

With the new FIRST RESPONSE® test, a woman can know if she's pregnant or not as early as the very first day of her missed period. That's because the new FIRST RESPONSE® Pregnancy Test is so sensitive, it can detect very small amounts of the pregnancy hormone. No other home test can be used earlier.

If you've missed your period, are you pregnant?

Not necessarily. There are many factors that can affect your menstrual cycle, such as stress, illness, and strenuous exercise. If you have missed your period, use the FIRST RESPONSE® Pregnancy Test to find out if you are pregnant or not.

Questions? Call Toll Free 1-800-367-6022.

Is the new FIRST RESPONSE® Pregnancy Test as accurate as a Lab Test?

Absolutely. In fact, the new FIRST RESPONSE® Pregnancy Test has proved virtually 100% accurate in laboratory tests. And it uses technology that makes the test so easy to do and to read. It turns pink if you are pregnant; stays white, if you are not. This and the fact that it is now the fastest pregnancy test method on the market today explains why so many women choose the FIRST RESPONSE® Pregnancy Test.

Sample results

FIRST RESPONSE®
HOME DIAGNOSTIC KITS

The *fastest* way to know.

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WHEN CHILDREN LIE



STEVE BJÖRKMAN

One day, Billy's mom notices that $20 is missing from her purse. Then she spots a new toy on 10-year-old Billy's dresser. Next to the toy is $5 and a receipt for $14.56. Interesting, she thinks, since Billy was complaining of having no money only yesterday, and he doesn't get his allowance until tomorrow. She asks Billy, "Where did you get the money for this toy?" He stammers, "I found it."

All kids lie. Telling an occasional lie and being a liar are two different things. All children lie at one time or another. However, few children actually become liars.

Young children, especially preschoolers and early elementary-age kids, often stretch the truth. But these exaggerations have nothing in common with lies. They happen because the child has a rich imagination, is more than a tad impulsive, and is a natural "ham." The more creative and imaginative the child, the more likely it is the child will tell outrageous stories. The stories themselves are harmless, and don't qualify as true lies.

Even in the case of children who lie habitually, it's usually less a sign of moral weakness or psychological problems than a matter of mismanagement by parents. Kids who lie habitually generally lack a sense of accomplishment. Lying fills this void and develops into a game.

Telling an occasional lie and being a liar are two different things.

Actually, most lies can be prevented. Even a child who has become hooked on lying can be "cured" with understanding and proper handling.

What's a parent to do? Don't give a child a chance to lie when you are reasonably sure of the facts. For example, Billy's mother could have told Billy, "Twenty dollars is missing from my purse. There's a new toy and $5 on your dresser. I'm sorry, but the toy, the money, and your free time for the next few days now belong to me."

Unfortunately, Billy's mother decided to question him about where he got the money. Doing so set up a game of "hide-and-seek" in which Billy controlled the thing being hidden—the truth. A parent who plays this game yields power to the child. It is, after all, the child who now determines the rules.

So, by asking a child a question to which you know the answer, you are actually setting the stage for a lie. (Of course, when you're truly uncertain about the facts, you have no choice but to question the child, and then decide whether he or she is indeed telling the truth.)

Punishment. The more children are punished, especially if the punishments involve physical pain, the more they will try to avoid being punished by lying again. It makes sense that a frightened child is more likely to lie.

It's better to punish a child by taking away privileges, such as a bicycle, outside play, and so on. While a spanking takes less time, it seldom has a lasting effect. Instead, make the consequence short but meaningful. For example, tell your child that he or she can't play outside for two days. This works better than grounding your child for a week, and then letting it slide after a few days.

Also, it's better to punish the act and disregard the lie. Don't promise a child that things will go easier if he or she tells the truth, or that the punishment will increase for a lie. This sort of "plea-bargaining" is extremely confusing. It signals the child that you expect him or her to lie. Remember, don't let a lie distract you from whatever it is that the child did wrong.

Finally, don't get bent out of shape when a young child tells an obviously fantastic story. The great storyteller Samuel Clemens, a.k.a. Mark Twain, once said: "When I was younger, I could remember anything, whether it had happened or not."



—Family psychologist John Rosemond's new book, Parent Power! *(Andrews/McMeel), is now available in bookstores throughout the country.*

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Presenting Pull-Ups® disposable training pants from Huggies. They look and feel like "big kid" pants, yet offer the protection your child needs. Pull-Ups have super-absorbent padding that soaks up wetness and a moisture proof layer to help protect



Pull-Ups have tear-away sides for easy removal in case of messy accidents.

against leakage. Even overnight. When your child is ready, there's nothing like Pull-Ups.



Go on like underwear.
Protect like a diaper.

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SAFETY FIRST FOR SUMMERTIME FOODS



JULIA GORTON

On hot summer days, picnic foods need TLC.

On a laid-back summer day, try to stay alert to food safety. An estimated 9,000 Americans die each year from eating contaminated foods. While some cases of food poisoning can be fatal, most are mild spells that are often misdiagnosed as other ailments.

Now is the time to take extra precautions, when picnics, cookouts, campouts, and backyard dining are at a peak. A sunny day outdoors means prime time for bacteria and other microscopic pests that thrive in warm temperatures. For them, food on an 80-degree day is paradise. Luckily, you can ward off unwelcome intruders if you handle food safely.

Q. What kinds of food are safest for hot-weather dining?

A. The safest picnic foods are those that don't require refrigeration—dried fruits, vegetables, nuts, breads, crackers, peanut butter, snack chips, and cookies. Commercially canned products, such as meats and seafood, are options that won't need chilling until after you've opened them.

Q. Do some foods need more careful handling than others?

A. Yes indeed. The most perishable foods are meats, poultry, fish, eggs, dairy products, and any dishes made with them. Because these foods are more susceptible to contamination, you must keep them either very hot (above 140 degrees) or very cold (below 40 degrees).

Q. I've heard that mayonnaise is a high-risk food. Is that true?

A. Mayo's reputation for causing food poisoning is largely undeserved. Commercial mayonnaise contains both high-acid and salty ingredients that will actually deter bacterial growth. However, mayonnaise in dishes such as potato salad won't "protect" them from harmful bacteria growth, so keep these foods cold. Avoid homemade mayonnaise, which usually contains raw eggs.

Q. Our family loves all-American burgers. Aren't they pretty safe?

A. To give your burgers the green light for safety:

- Buy the freshest meat.
- Smell it before shaping. Ground meat can smell peculiar if spoiled.
- Cook burgers till no pink remains in the center (well-done).

Q. What's the best way to keep cold foods cold when outdoors on a sunny day?

A. Keep them in a cooler that's been cleaned and cooled before packing. Just to be sure:

- Wash your cooler to remove any lingering bacteria before packing.
- Chill the cooler by filling it with ice for at least 30 minutes, before repacking it.
- Refrigerate foods before putting them in the cooler, rather than packing them at room temperature.
- Wait until just before leaving home to pack your cooler.
- In addition to ice or ice packs, pack some frozen foods, such as cans of juice, to thaw along the way and help keep other foods cold.
- Take no more food than you will eat so you will avoid overburdening your cooler.

Q. We'll be picnicking all day. How can we keep our cooler cool?

A. On the drive to your outing, keep your cooler cold by letting it ride in the air-conditioned passenger section with you. Avoid the car's trunk, which can be saunalike in the summer. Once at the picnic site, set the tightly closed cooler in a shady area and add ice often. Keep all perishable foods in the cooler.

continued on page 42

BY ROBIN STREET



BOUNCE BACK WITH ORANGE JUICE.

After you sit up, push up, stretch and flex—relax with a cool glass of orange juice. It refreshes. Naturally.

And it does more than that. Orange juice actually puts back what your workout takes out. That's because orange juice is rich in potassium, a mineral that's essential for normal muscle functioning. Orange juice also has folic acid, which helps in the formation of new cells—including red blood cells. And orange juice helps your body absorb iron and calcium.

OJ has lots of Vitamin C. And it's sodium-free, fat-free, cholesterol-free.

So have a *big* cool glass of orange juice. Enjoy that bright, sunny taste. And relax. It's good for you. You're not un-doing the good you did by exercising.

Florida Quality Orange Juice. It makes you feel so good.

100% JUICE FLORIDA'S SEAL OF APPROVAL

A PRODUCT OF THE FLORIDA SUNSHINE TREE

© State of Florida, Department of Citrus, 1990

*Except Butter Rum.



Q. Can't we relax about grilling? The coals are hot enough to kill anything "bad," right?

A. Wrong. When grilling, you still must:

- Clean any grill surfaces your food will touch.
- Avoid partially cooking meat before grilling, unless you grill it immediately afterward.
- Use acrylic, not wooden, cutting boards for raw meat.
- Put cooked meat on a clean plate with clean utensils.
- Boil any marinades to be served with cooked meat.

Q. What can I do in my kitchen to keep food safe?

A. Food gets contaminated by touching unclean surfaces, so keep your kitchen and utensils spotless.

Q. How can I tell if a food is contaminated?

A. Unfortunately, you cannot always judge whether a food is bad. Contaminated food can smell, look, and taste perfectly normal, so never taste a food you suspect is contaminated. Even one bite could make you ill. This is especially true for pregnant women, infants, the elderly, and individuals with weakened immune systems. Remember, "When in doubt, throw it out."

CALL THE FOOD-SAFETY HOT LINE

Got questions about food safety? Call the USDA Meat and Poultry Hot Line at 800/535-4555 (or 447-3333 for Washington, D.C., residents). The hot line operates from 10 am to 4 pm (EST) on weekdays.

—Robin Street is a journalism instructor at the University of Mississippi and a free-lance writer on health topics.

GOOD FOOD

continued from page 40

Q. What's the safest way to keep hot casseroles hot till you're ready to serve them?

A. At home, wrap the well-heated casserole in foil or a heavy towel and stow it in a plastic-foam container. The temperature should stay above 140 degrees for the food to be safe.

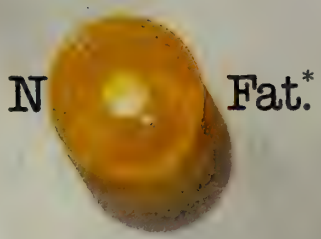
Q. We're planning a picnic for our family reunion this summer. Is it a good idea to serve the food buffet-style?

A. Yes, but keep your buffet out for only a limited time, never longer than an hour. To keep cold food cool, place containers on ice during serving. To keep hot foods warm, serve them from an insulated container or keep foil or a towel wrapped around the base.

Q. What's the safest way to thaw meat?

A. First, never leave frozen meat at room temperature to thaw overnight. It practically blinks a neon welcome sign to bacteria looking for a place to stay. Instead, thaw meat in its original packaging on a plate on the bottom shelf of the refrigerator, where its juices cannot contaminate other foods. You can also thaw it in your microwave oven, but the meat may heat unevenly, elevating temperatures in parts of the meat above 40 degrees. For that reason, you should cook it immediately after thawing.

*Except Butter Rum.



*Per piece.

Less Than 10 Cal ries.*

Several strengthening exercises work quite well. For example, squeezing a rubber ball repeatedly. Or hanging your hand, palm down, over a table's edge and then raising and lowering it. Repeat the exercise with palm up. Or try it while gripping a weight for more resistance.

Two devices build the muscles that specifically help a tennis stroke. Exer-stik is a 14-inch rod with padded gripping areas that you hold vertically or horizontally and twist with your fingers or hands in opposite directions and at adjustable degrees of resistance. Write to: Exer-stik, 5250 MacArthur Blvd., NW, Suite 100, Dept. BHG, Washington, DC 20016-2506. Cost: $25.

Ace-grip ($10) strengthens your fingers and hand. Press each finger on its own spring-loaded plastic button, or press all fingers at once. Call 800/752-0164.

STOPPING JOCK ITCH

Don't be slowed down by this common infection

Let's face it: Jock itch happens to most men at one time or another. So here's how to cure it.

First, understand that jock itch is a fungal infection of the inner thighs near the scrotum. Symptoms include a red rash bordered by a flaky raised ring, says Wharton, Texas, dermatologist Michael L. Ramsey, M.D.

Why the term "jock itch?" Athletic supporters—jockstraps—can chafe and create a warm, moist environment where the fungus can thrive. Wearing tight shorts or

continued on page 44

FITNESS MATTERS

GOOD NEWS ABOUT SHAPING UP

BEATING TENNIS ELBOW

Techniques and devices to aid your recovery

Tennis elbow begins as a dull ache but may soon become sharp, debilitating twinges. The pain is caused by the repetitive forces of ball impact and gripping the racket, both of which may tear tendons at the elbow.

A recent study in *Clinical Sports Medicine* says that half of tennis players get tennis elbow at some point; the incidence is highest between ages 35 and 55, especially in advanced players who like to play more than twice a week.



STEVE BJÖRKMAN

To prevent tennis elbow, reduce forearm strain by improving your stroke and by strengthening your forearm muscles.

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cise for the sake of exercise and good health, no matter how you look while you're working out.

"My biggest quarrel with fitness folks is that they lose sight of health—and play into appearance," says Pat Lyons, R.N., who wrote the book with dance instructor Debby Burgard.

Losing weight, surprisingly, is not the goal of this book. Self-acceptance is. Lyons, for one, gave up on losing weight after years of failure. "People say, 'Oh my God, how could you give up?' Well, that doesn't mean that you also sit on the couch all day and eat bonbons."

Lyons says she has nothing against weight loss; if it happens as you're enjoying exercise, great. More important, heredity predisposes many women to becoming overweight, she says. "Focusing on weight may become an obsession that keeps people from looking outside of themselves and having full and enjoyable lives," she adds.

Great Shape focuses on starting slowly with activities like walking and swimming. It also addresses such safety issues as wearing shoes with good support, drinking plenty of water, and reducing intensity to avoid overheating.

FITNESS MATTERS

continued from page 43

pants, or a wet bathing suit in hot, humid conditions also may help to cause the infection.

People who are susceptible to jock itch also tend to get athlete's foot, which is thought to be a source of fungi for some cases of jock itch.

To treat the infection, apply an over-the-counter medication, such as Micatin or Lotrimin ($3 to $6 a tube). Most cases should clear up in a week or so. If not, see a dermatologist, suggests Ramsey.

Finally, to prevent reinfection, wear loose, absorbent (cotton) clothes and keep the area clean, cool, and dry, he says. Soap irritates, so rinse well after bathing. Absorbent powders and blow dryers help keep the area dry, too.

"Don't walk around after an athletic event in your sweaty jock or shorts," adds Ramsey.

TOSS YOUR POUNDS AROUND

New inspirational fitness book for large women

The fitness movement gets knocked by some folks who argue that it attracts only those who are already fit, and snubs or insults those who aren't. But a fitness guide for large women aims to change all that.

Great Shape: The First Fitness Guide for Large Women ($14.85, Bull Publishing, Palo Alto, Calif.) stresses exer-

Thursdays



Stay comfortably fresh every day

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Saturdays



Put everyday freshness in your routine

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Lyons adds that if you're too self-conscious to walk around your neighborhood, start to walk and dance in your home. Or try renting a swimming pool with other large women and learn to enjoy movement.

"I want people to think that exercise is an adult form of recess," she says.

PERCEIVED EXERTION

A commonsense method for measuring fitness

Perceived exertion, or PE as it's sometimes called, is based on the research of Swedish exercise physiologist Gunnar Borg. His "Borg Scale" includes seven subjective phrases for judging the intensity of your workouts. The phrases range from "very, very light" all the way up to "very, very hard."

When asked to rate their workouts, Borg's research volunteers did a commendable job. Their subjective ratings closely matched the more objective laboratory measurements of exercise intensity.

For example, folks who described their workout as feeling "somewhat hard" or "hard" were in the intensity range best for fitness gains—50 to 85 percent of maximum heart rate, explains Carl Foster, Ph.D., at Sinai-Samaritan Medical Center in Milwaukee.

The upshot: You don't have to worry about taking your pulse during a workout in order to find your optimum intensity level. All you need to do is remember "somewhat hard" or "hard." That's easy enough.

DRIPPING DANGEROUSLY

Trying to sweat off excess weight is sticky business

It's squeeze-into-swimsuit time, but don't try to lose weight by working out in sweat suits. That's a no-no.

A heavy-sweating-weight-loss plan is risky and futile, says Betsy Jensen, exercise program coordinator at Emory University. Sweat suits stop sweat evaporation and body cooling, which may lead to heat exhaustion. Weight sweated off returns when you drink water.

Jensen says to exercise sensibly in the heat: wear light clothing, reduce the intensity, and use air-conditioned rooms. Drink water before, during, and after workouts.

WEIGHT LOSS AND EXERCISE

Study says you can't separate the two

Lose weight without exercise? "Don't even bother," says Charles Lucas, M.D. It's not worth it if you don't exercise as you lose weight, and then exercise afterward as you try to keep the weight off, he says.

Lucas, at Wayne State University's School of Medicine, bases his comments on a study of 118 people. Each person in the group lost an average of 68 pounds in a one-year diet-and-exercise program. Three years after the program ended, those who kept off the weight still exercised 3.2 hours every week, compared to 1.2 a week for the regainers.

—By Gary Legwold

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SURGEON GENERAL'S WARNING: Smoking By Pregnant Women May Result in Fetal Injury, Premature Birth, And Low Birth Weight.

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BY TOM JACKSON AND REBECCA JERDEE

HOME OF THE YEAR

1991 INNOVATIONS IN HOUSING WINNER

Saddle up, partners. We're headin' out West for a tour of our Home of the Year. Built in the mountains of Utah, this home blends rustic art with high technology, open floor plans with historical character, and modern art with cherished heirlooms. It's the best of the old with the best of today, a style we call the New Frontier. So giddyup and let's go.

HOME OF THE YEAR

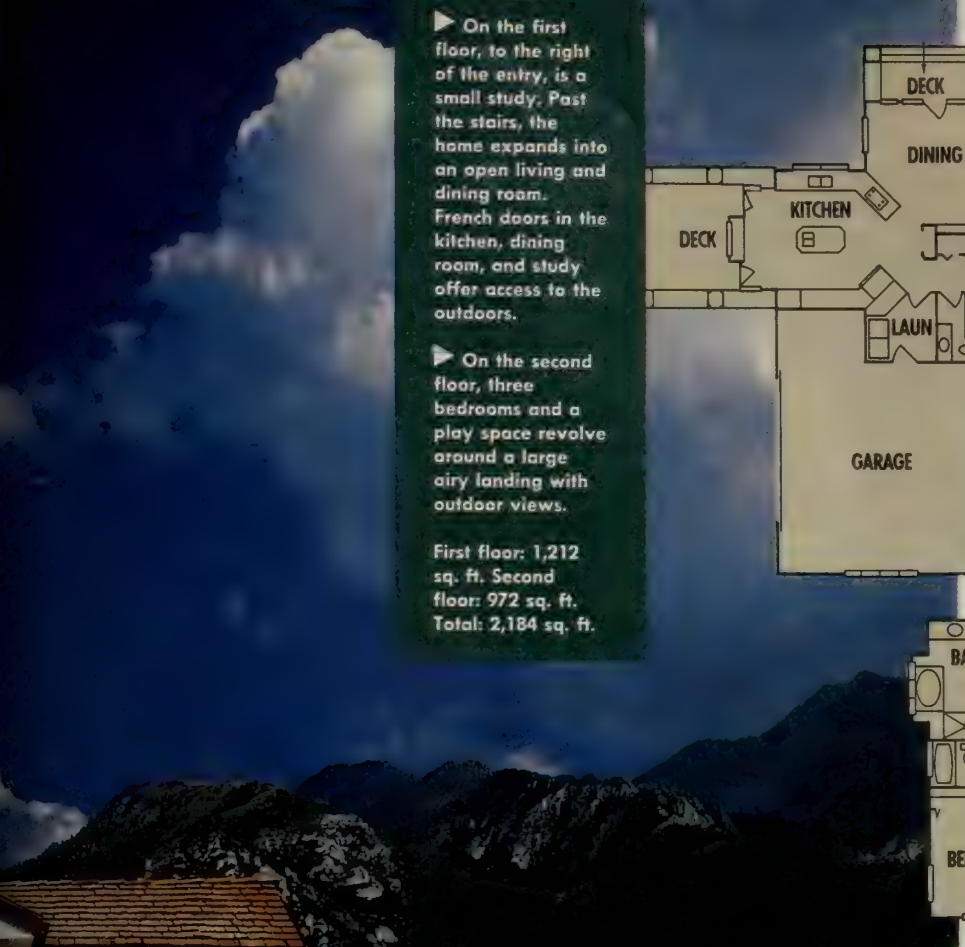
Craftsman-style trim and details outline a modern floor plan.



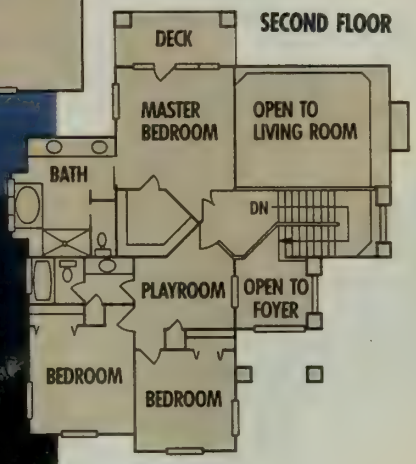
▶ On the first floor, to the right of the entry, is a small study. Past the stairs, the home expands into an open living and dining room. French doors in the kitchen, dining room, and study offer access to the outdoors.

▶ On the second floor, three bedrooms and a play space revolve around a large airy landing with outdoor views.

First floor: 1,212 sq. ft. Second floor: 972 sq. ft. Total: 2,184 sq. ft.



FIRST FLOOR



SECOND FLOOR

Like the mountains, our Home of the Year is tall and compact; yet streetside, the generous eaves, trellis, and long sloping gables balance the height with ground-hugging lines.

Sage-green and gray colors complement the sun-bleached terrain. Groups of windows team up with a rhythmic pattern of white-painted trim and columns.

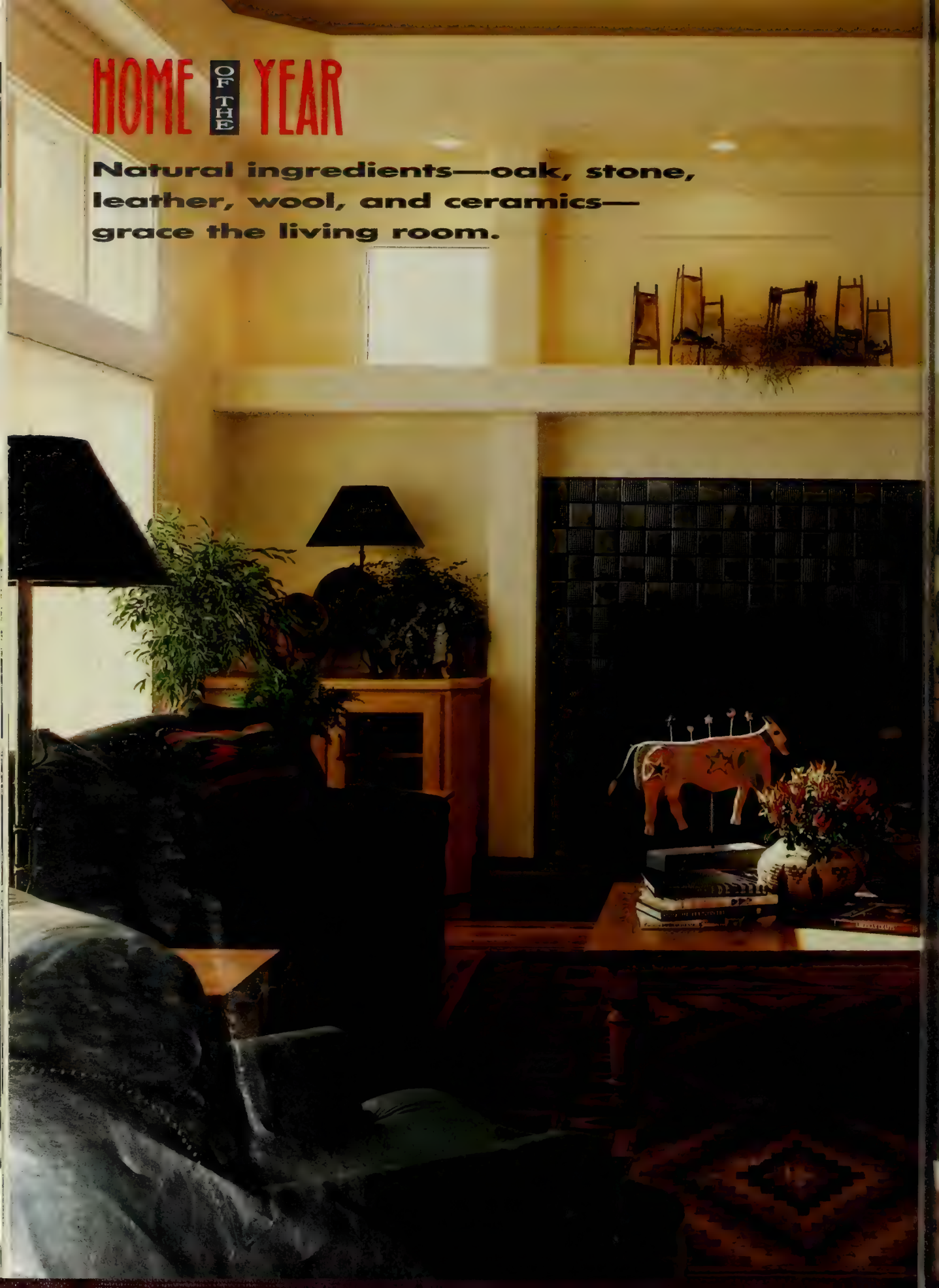
Nature inspired our choice of materials—especially wood. Plywood siding and solid trim wrap our home in a durable sheath, and cedar shingles shed the rain.

RESOURCES

Windows and French doors: *Andersen Window Corp.* Paint: *Sherwin-Williams.* Desert dry redwood porch and trellis: *Louisiana-Pacific Corp.* Entry door: *Therma-Tru Corp.*

HOME OF THE YEAR

Natural ingredients—oak, stone, leather, wool, and ceramics—grace the living room.



An earth-friendly atmosphere fills our main living area. Deep architectural ledges wrap around the room. Nestled here quietly are objects gathered from all over the world: wood and clay sculptures, hand-forged iron lamps, fossils, and geodes. The furnishings spring from natural materials: oak, pine, cotton, wool, and leather.

Windows up high in the second-story stairwell pour light into our deep, canyonlike entry. Overlapping plates of glass in the chandelier and beveled glass in the entry doors scatter sunbeams into a thousand playful patterns.

◀ Reach out and touch anything. Our living room is filled with tactile delights: a rugged cast-iron fireplace insert, stippled tile surrounds, handwoven rugs, and an antique saddle.

▶ Like a deep mountain canyon, our two-story entry and open stairwell bring in sunlight from many different directions.



Dressed in basic black, the sofas provide a calming counterpoint to the room's rich colors. A well-worn saddle and nubby handwoven rugs remind us of the old frontier.

Windows, softened by pleated fabric shades, weld sunshine into a wall of light. On the right, second-story windows filter light through a fretwork of oak balusters and rails.

RESOURCES

Fireplace insert: *Superior Fireplace Co.* Tile surrounds: *Terra Designs.* Windows: *Andersen Window Corp.* Exterior door: *Therma-Tru Corp.* Oak floor: *Missouri Hardwood Flooring Co.* Cabinets: *Wood-Mode Cabinetry.* Sofas, chair, tables: *Pennsylvania House.* Window shades: *Hunter Douglas.* Lamps, fireplace tools: *Stone County Ironworks.* Entry light: *George Kovacs, Inc.* Fossil rocks, geodes: *From The Earth*

There's room aplenty here, and access to the deck.

Why black? Because black is calm and elegant and makes other colors look rich by contrast.

The oak trim and floor glow golden and rosy against the black cabinets and appliances. Beige quarry-tile countertops blush with a warm taupe next to the black grout and two black sinks.

A black-and-oak light fixture above the island and the window wall add Craftsman-like touches to our kitchen. Centered in the window wall is a simple bench seat for impromptu gatherings.

Hardworking cabinets contain hidden hinges, wire baskets, and laminate interiors for style, storage, and convenience. With the 27-inch oven and microwave combo, the downdraft cooktop, and the 25-cubic-foot refrigerator, there are enough appliances to handle a bunkhouse full of hungry cowpokes.

A dining island, opposite the cooking side of the peninsula, is created by drawing sheaf-back chairs around a gracious harvest table. Skirted black-plaid chairs play host and hostess at both ends.

RESOURCES

Dining room table, chairs: *Pennsylvania House.* Light: *George Kovacs.* Cabinets, light fixture: *Wood-Mode Cabinetry.* Appliances: *Whirlpool Corp.* Sinks, faucets: *Kohler Co.* Countertops: *American Olean Tile Co.* Floor: *Missouri Hardwood Flooring Co.*



▶ Up close, the wood grain of our black-stained cabinet faces creates a soft, subtle, matte look. Oversize countertop tiles and colorful bursts of oak hardware and trim make the kitchen sparkle.

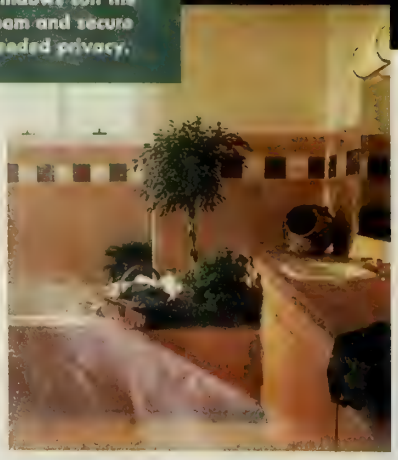
◀ A table set at an angle, a new ceiling elevation, and the dramatic light fixture define the dining area without resorting to walls or partitions.



HOME OF THE YEAR

Mornings start with sunlight, breezes, and treetop views.

▼ Toast-colored tiles warm the walls of the master bath, creating an oasis away from the dry, dusty world of work. High windows sun the room and secure needed privacy.



Cloud-soft comforts await you in the carpeted aerie at the top of the stairs. There, the bedrooms reach upward with steeply pitched ceilings and dramatic views.

Lighter than the robust furnishings on the first floor, simple oak pieces blend with whitewashed wicker, cotton linens, and downy bed coverings. Pleated fabric shades enhance the window architecture with simple lines. From the master bedroom, French doors lead out to a small second-story redwood deck.

The parents' bath has high windows, a whirlpool tub, a glass-door shower, and 10 feet of cabinet storage. Carpet from the master bedroom extends into the sink area for underfoot comfort on cold mornings. Honey-toned oak cabinets and tile in coffee, cream, and toast colors add warmth with a rich and soothing palette.



◀ Classic mission-style furniture and casual wicker rest on bedroom carpeting as durable as the desert floor. The carpet's bias-pattern resembles geometric woven rugs of America's past.

▶ Furnish a child's room with timeless pieces that can handle the winds of change. Today, her equestrian gear fits in. Next year, she'll develop a new phase.

▶ This reproduction of a 19th-century jacquard coverlet can serve during growing-up years. Later, like a family heirloom, it can move on to her grown-up home.





RESOURCES

Bath cabinets: *Wood-Mode Cabinetry.* Tubs, sinks and faucets: *Kohler Co.* Tile: *American Olean Tile Co.* Desert dry redwood deck and railings: *Louisiana-Pacific Corp.* Stainmaster Luxura carpet by Karastan: *Du Pont.* Window coverings: *Hunter Douglas.* Furniture: *Pennsylvania House.* Mattresses: *Serta.* Bedding: *Bella Linea*

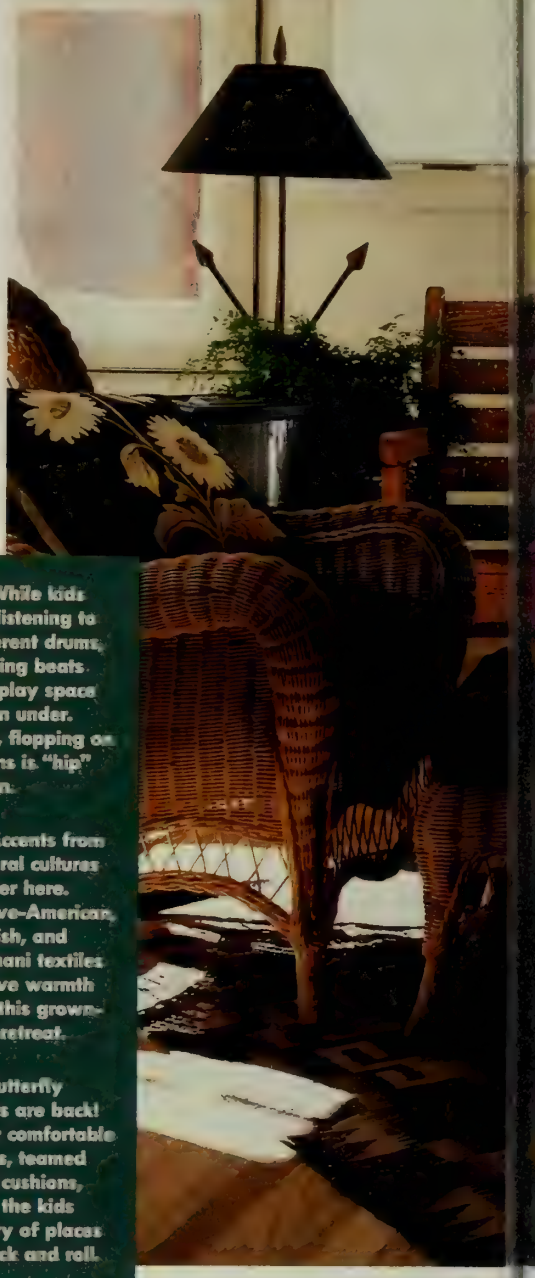
Vaulted ceilings and a double band of trim add distinctive architectural details to the two children's bedrooms. In the play area between the bedrooms, kids can entertain their friends.

The playroom and the stair landing enjoy spectacular views from gable windows placed near the top of the roofline. The master suite shares in these stairwell scenes whenever its hall doors are open.

HOME OF THE YEAR

Private spaces encourage different personal styles.



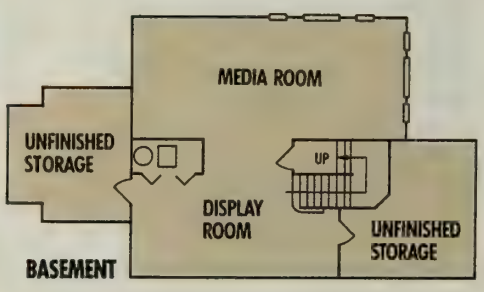


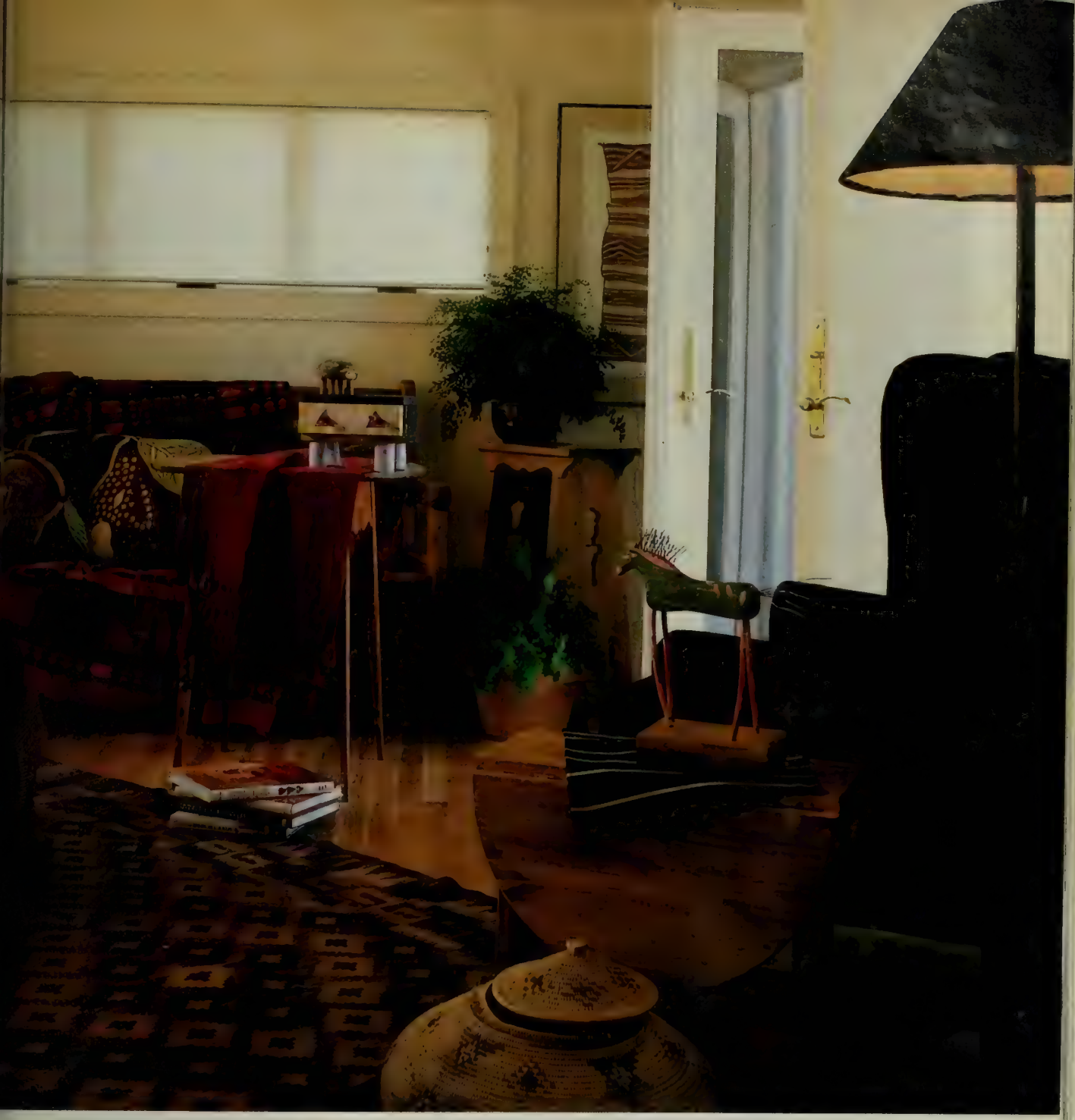
◀ While kids are listening to different drums, nothing beats this play space down under. And, flopping on futons is "hip" again.

▶ Accents from several cultures gather here. Native-American, English, and Afghani textiles weave warmth into this grown-ups' retreat.

◀ Butterfly chairs are back! Their comfortable slings, teamed with cushions, give the kids plenty of places to rock and roll.







Quiet solitude and wide-open vistas are available in the study to the right of the entry.

To shut out the world, simply close the two French doors that lead to the front porch. Pleated shades diffuse light from windows above the antique garden bench. Casual wicker and a black upholstered wing chair cozy up for a solitary moment or quiet conversation.

When you want to bring the outdoors in, simply throw open the French doors and take in the view. Outside, a narrow redwood porch holds built-in flower boxes and provides access to the front yard.

In the basement, the sun never sets, thanks to vibrant color schemes, electric designs, and deep window wells. Butterfly chairs, side tables, and futons form a souped-up landing pad for inbound, school-dazed kids. The floor consists of vinyl tiles laid in a ruglike pattern with a jaunty zigzag edge.

On one end, two large window wells bring down sunlight and fresh air. The corbelled ceiling banishes the basement-ceiling blahs and hides heating ductwork. Built using a permanent wood foundation (PWF), the basement stays warm and dry.

RESOURCES

Wingback and wicker chairs, ottoman, oak tables: *Pennsylvania House.* Windows: *Andersen Window Corp.* Translucent shade: *Hunter Douglas.* Retaining wall: *Keystone Retaining Wall Systems.* Floor tiles: *NAFCO.* Butterfly chairs, wave and clip lamps: *J.C. Penney.* Futons: *Pier 1.* Drums: *Kawasaki Motors*

continued from page 57

HOME OF THE YEAR INNOVATIONS

From the footings to the rafters we filled this house with innovative products, designs, and style ideas you can use in your own home, or the next time you build or remodel. Here is a closer look.



GORDON PEERY

Topping off the house and helping our vaulted ceilings to soar are a new type of composite wood beams called *Paralams*. Long strands of wood glued together under pressure form these high-strength, knot-free beams. The beams can be painted or stained to match interiors, and help make the most efficient use of lumber products by using more of the wood in a log.



COURTESY: MACMILLAN BLOEDEL LTD.



Juno Wireform track lights **spotlight a panorama of geodes, plants, and earthenwares along a display shelf in the entry hall. The lights, with their bold industrial look, serve as artworks on their own.**



To keep from interrupting our beautiful oak floor with a metal register, we installed *Grillworks Inc. wood floor registers* throughout the house. These hardwood grills blend in seamlessly with our floor and can be painted to match carpeted floors. For a finishing flourish of craftsmanship we also installed a *walnut feature strip* around the perimeter of the first floor.



Du Pont's "Stainmaster Luxura" carpet by Karastan **meets the staircase edging on the upper landing. This new nylon "Bias" patterned rug assures desert-floor beauty, durability, and easy care.**

IF YOU'D LIKE HOME PLANS

Here's how to order complete plans for the Home of the Year. Each plan includes complete construction drawings, foundation plans, and kitchen and bath details.

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4. Credit card orders call 800/678-2672.

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Shown smaller than actual size of 18" in length

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continued from page 58

HOME OF THE YEAR INNOVATIONS

There's more to our Home of the Year than meets the eye. Below are some of the technological innovations that make this house more convenient, sturdy, safe, economical, and energy efficient.

Power outages are no problem with **Kohler's 10RY62 generator** which can run on gasoline, LP gas, or natural gas. Microchip switches start instantly when power is disrupted.

For storage, **Stanley Hardware's Steel Plank™ closet organizers** maximize shelf and hanging space with adjustable, interchangeable parts.

Masonite's Coventry doors are paintable and stainable and give us the look of a panel door for about the cost of a flush-front door.

To conserve water the **Kohler Couture Lite** toilet in the master bath and the **Kohler Portrait** toilet in the kids' bath cut water waste in half with their 1.5-gallon flush capacity.

SYSTEMS

Our Innovations home is strong and durable thanks to the **American Plywood Association's "Code Plus"** program in which the construction and materials of walls, floors, and roof exceed minimum building standards. The basement is framed with a **permanent wood foundation**, or PWF, using waterproofed, pressure-treated walls that resist cracking and settling and allow you to insulate, wire, and finish interiors easily. Above ground, the exterior walls are sheathed in half-inch **Medium Density Overlay**, or MDO, panels with smooth and 6-inch-grooved faces.

A **Honeywell 2000e home security system** wraps the whole house or any selected area with intruder detection and alarms. A programmable panel makes this microchip marvel easy to use and quick to change.

ENERGY PACKAGE

Owens-Corning high-performance insulation gives our 2×4 walls an R-15 rating, as compared with the usual R-11. In the ceiling, R-values are upgraded from R-19 to R-21. The secret is a denser batt with more fiberglass and insulating air pockets. **Owens-Corning Fiberglas Ductboard** saves energy by insulating the ductwork for heated and air-conditioned air.

Our west-facing house uses **Andersen High Performance Sun** glass to stop summer heat build-up. Low-emissivity coatings prevent winter heat loss. For air-tightness and security, our **Andersen Frenchwood** patio doors employ wrap-around weatherstripping and three-point locking.

The frame of our **Therma-Tru insulated front door** is a weather-, warp-, and crack-resistant fiberglass that will stain or paint like wood. Two panes of insulating glass sandwich the leaded-glass panels in the door.

To avoid a hot upstairs and cold downstairs, each floor has its own 95-percent-efficient **Lennox Pulse gas furnace**. The upstairs furnace kicks in only when heating demands are large. Conversely, the **Lennox Power Saver two-speed air conditioner** provides efficient low-speed cooling until the lower floor heats up and the high speed comes on. A **Lennox Zone Master II** control system keeps the temperatures of the two floors equal.

Our cast-iron **Superior Stoveplace II** uses magnetic catches, heavy-duty gaskets, and a built-in heat-exchange system to squeeze the maximum warmth out of wood fires.

SPECIAL THANKS

Also contributing were: Anderson Lumber, Contemporary Concrete Co., Crescent Cabinets, Ford's Vacu-Maid, Geneva Rock Products, Hardwood Floor Company, H&H Drywall, Huetter Mill & Cabinet, John Hanks Construction and Framing, Rain Bird Sprinklers, Roth Landscaping, Sandy City Corp., Smart Roofing, Smith and Adams Electric, Stanley Garage Door, Sunwest Flooring, Timp Sprinkler, Utah Wood Preserving Co., Valley Door, Vanderveur Insulation, West One Bank, and Wright Engineering and Excavating.

ABOUT THE PROJECT

Our Home of the Year is chosen in an architectural competition, the Innovations In Housing contest, sponsored by the American Plywood Association, and co-sponsored by the American Wood Council, and *Better Homes and Gardens®*, *Progressive Architecture*, and *Builder* magazines. Gregory S. Hackworth was this year's winning architect. The home was built in Sandy, Utah, just south of Salt Lake City. Here are the people who helped make this project a success.



GORDON PEERY

Our major participants included (from left to right): Bill Adams, president of Great Habitat Homes; Maryann Olson, American Plywood Association; Wally Poure, American Wood Council; Dewayne Dean, building supervisor, Great Habitat Homes; Gregory S. Hackworth, winning architect.



Also contributing to the Home of the Year were (left to right): Dewayne Dean; Terry Scharman, Sun West Flooring; Doug Balls, landscape architect, Western Gardens; Mike Christensen, finish carpenter, MNC Construction; Bill Adams; Scott Cook, Cook Brothers Painting; Bill Johnson, BRJ Mechanical; Bob Briggs, Briggs Tile.

DEEP DISASTER:



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WHEN STAINS GET DEEP IN
ULTRA TIDE GETS THEM CLEAN OUT.

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Don't just make coffee. Make good things happen.

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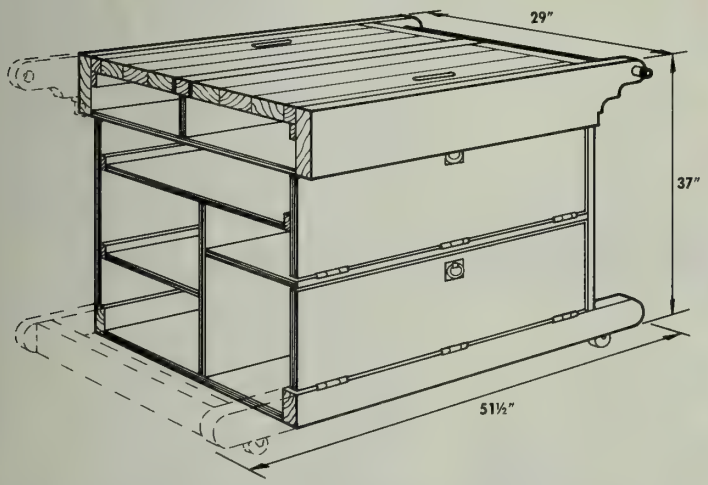
Creeping clutter has a way of shrinking space on your workbench. For about $320 and 15 to 20 hours of your time, you can build this roll-around work cart to store and organize your tools. It includes extra work space for those times when you need to spread out your project.

This handy cart is built with fir plywood, oak boards, and fir 1×2s, 2×2s, 2×4s, and 2×8s. Underneath the hinged top are two compartments for gloves, goggles, screws, and nails. One side (*right*) has cubbyholes for hand tools, sandpaper, and other miscellaneous workshop necessities. Compartments on the other side store portable power tools. Two adjustable paddles provide an elevated drilling or sawing level; and the pipe handles pull out for double duty as pipe clamps.

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Partitions inside the cart create storage compartments of varied sizes to fit most standard home repair tools and accessories. Plus you can hang saws, electrical cords and other frequently used tools on the outside of the cart. Caster wheels make it easy to take this cart to your projects.



PLACE A PLUG STRIP in the top compartment with power cord holes. This gives you an auxiliary base for quick power drilling and screwdriving—and keeps the outlets out of reach of little hands.



YOU COULD FINISH YOUR CART to match your workbench. We primed and trimmed with latex, finished the top and sides with a faux-stone spray paint and acrylic overcoat, and stained the interior.



NEED TO GLUE SOME BOARDS? Pull out the cart's pipe handles, slip on the pipe clamps, and lay your project out on top to dry.

Design: Bruce Pierce, Concepts in Design.
Photographs: Bill Hopkins, Jr.



Shown smaller than actual height of approximately 16".

AN ARITHMETIC LESSON FOR PLAX USERS WHO AREN'T USING PLAX EVERY TIME THEY BRUSH.

Plaque forms 24 hours a day,
7 days a week.
Some people use Plax only about 3 times a week.
It doesn't add up.

Perhaps, since it's difficult to see plaque, you don't realize that it's constantly forming on your teeth. And that it's as serious as it is: plaque is the number one cause of most major dental problems, including gum disease.

However, you may think that if you just use Plax® a few times a week, it's enough.

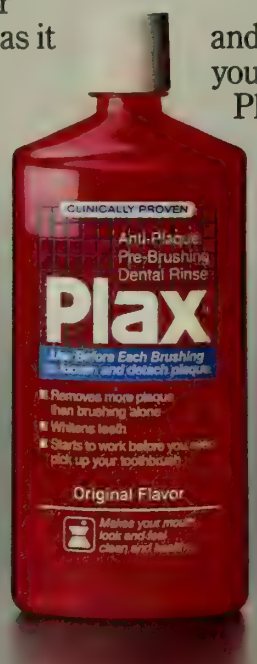
Well, you couldn't be more wrong.

Since plaque is constantly forming on your teeth, it's there every time you brush. Which is why it's so important that you use Plax every time you brush, which should be at least twice a day.

You see, Plax helps loosen and detach plaque. So that when you brush after rinsing with Plax, you remove more plaque than just brushing alone. And this has been clinically proven.

Look at it this way: it's a constant fight that goes on every day of your life—you against plaque. And it's a fight you don't want to lose. With Plax on your side, you're increasing your chances of winning that fight.

It's as simple as that.



USE PLAX EVERY DAY.
SEE YOUR DENTIST TWICE A YEAR.

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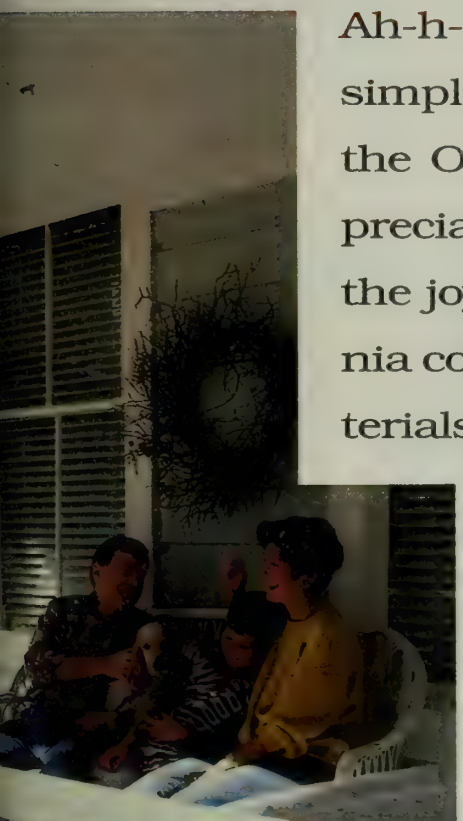

Step Into A
Refreshing Bath
Pier 1 has a refreshingly wide selection of exclusive wicker accessories, curtains, fabrics, toiletries and more, just for the bath. For the store nearest you, call 1-800-447-4371.
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BY SANDRA S. SORIA

Decorating for the simple life

Ah-h-h . . . time to relax. Life's simple pleasures are back—and the O'Neills are learning to appreciate them. This family found the joy of simplicity in a California cottage, where easy-care materials, easygoing style, and even an easy-flowing floor plan make life, well, easier to manage.



Give every space family reunion appeal.



Casual wicker and humble pine relax Tom, Peggy, and Casey—whether they're enjoying the morning sun or a meal. Without a rug (*right*), pine planks glow it alone.


Raise the roof and
let your eyes
touch the sky.
Expose your home to
the elements: sunlight,
stone, and wood.
Develop a colorful
personality with
homespun accents.



Mix textures for eye appeal.



simple life

The 1885 cottage longed for attention, but the O'Neills didn't want to remodel away its charming facade. Their answer? Flop the floor plan so the bedrooms face front, then bump out the back of the home for an all-in-one space that, Peggy says, "keeps the family together." Windows and whitened woods keep things light. Then, multiple ceiling heights and furniture define activity areas: The love seat faces the hearth to divide the vaulted living room from the rear galley space.

Buying information, page 132.



PHOTOGRAPHS: LAURIE BLACK. ARCHITECT: PETER BERG. DESIGN: PEGGY O'NEILL, HEARTS & FLOWERS. REGIONAL EDITOR: HELEN HEITKAMP

Cast old materials in new roles for stepping-stones to style.




Use weathered finishes
for instant character.
Gather lightweight furniture
that goes where
you want it to.
Bask in the golden
glow of wood in its
natural state.

simple life

With nothing too precious to touch, these rooms know how to live. Painted pieces brighten a corner, plus offer their services. Lightweight rattan can be whisked to the dining table or deck on a moment's notice. In the living room, dressed in a hard-wearing cotton blend fabric, the love seat gives ample snuggle space without snarling traffic. Modest accents—a quilted masterpiece, family photos, and fabric napkins cleverly stitched into floral cushions—offer high impact at a low cost.

Buying information, page 132.



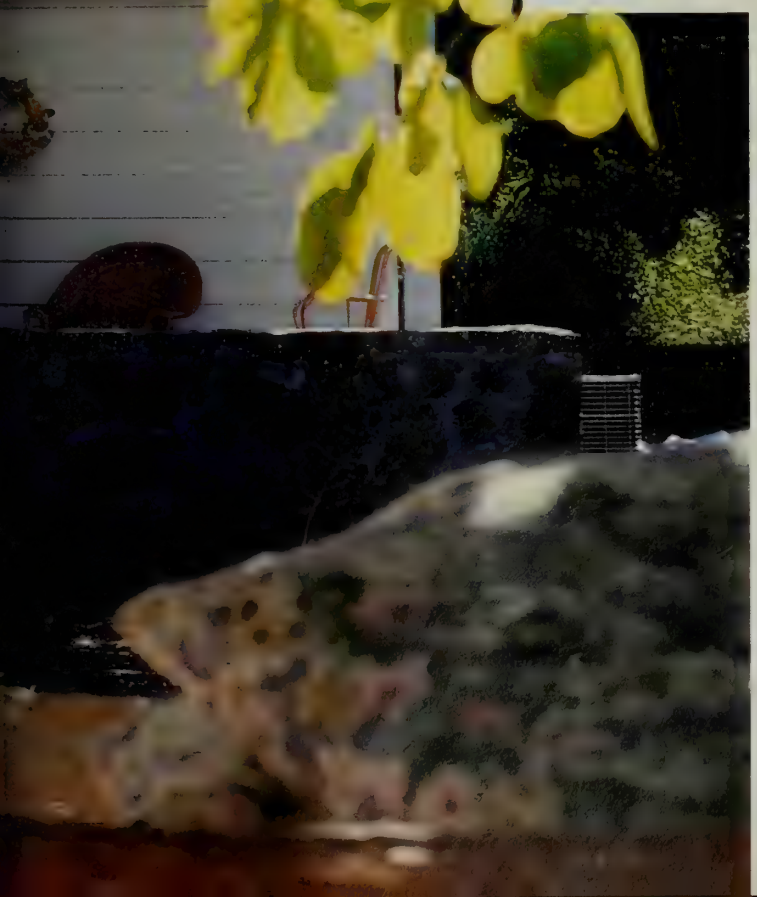
Expand into the great outdoors when cramped for space.

Design spots for putting your feet up, then make time to enjoy them.





Deck out a patio with the simple elegance of natural materials.



simple life

By reorienting the home's living areas to the rear, the O'Neills link them to their large, private backyard. Says Tom, "We made this the main entrance by simply taking out the front walk so no one would approach the house that way." Building upon the home's original foundation, Tom and Peggy support their wood deck with stone. A lacy trellised gazebo mimics the gabled roofline, and will one day be lush with vines.

Buying information, page 132.

Get a splashy new look from unusual materials.

simple life

With the same humble attitude as the rest of the home, the master bedroom and bath serve well but with simple grace. A sealed mix of stucco and concrete inset with glass blocks molds a shower into an art form. "The stucco is almost no-clean—so far," says Peggy. In the bedroom, a slim pine pencil-post bed rests askew to break the boxy dimensions. White-painted wood blinds control light and privacy without adding bulk to the pint-size space. BH&G

Buying information, page 132.





Soothe a sleep spot with whispers of the past.

IS STATIC REARING ITS UGLY HEAD?



Eeek! Sweater static. It's in your hair and it's not a pretty sight. Don't you wish you used Bounce? It leaves clothes virtually free of embarrassing cling. Get Bounce.® And stop letting static go to your head.

STOPS STATIC BEFORE STATIC STOPS YOU.

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Fast-Drying
POLYURETHANE
SEALS & PROTECTS
And for the lasting protection you need, try our Fast-Drying Polyurethanes.
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The Genie Company, 3515 Massillon Rd., Uniontown, OH 44685.

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Decks go together in a snap when you use this spacing tool. Just position the guide at each joist and mark your pilot hole locations. Deck-Mate™ spaces boards at one-eighth or three-sixteenth inch. About $4.

Riecreation Products, 7 Olde Orchard Ln., Fairport, NY 14450.



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HOME WORKS

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PERRY STRUSE

GARDENING IN STYLE

Sleek European-styled gardening tools stand out in the crowded gardening section. But Fiskars Classics don't stop at style. Balance, comfortable handles, precision cutting edges, and extra features help make gardening chores easier.

Fiskars Mfg. Corp., 7811 W. Stewart Ave., P.O. Box 8027, Wausau, WI 54402-8027.

TOOLS TO GO

Keep track of your favorite garden tools. Put them all together in a water-resistant gardener's belt. This adjustable version features six pockets and two holsters. One pocket pulls down to form a roomy apron. Green Belt about $25 (item No. 458570).

Gardener's Eden, Mail Order Dept., P.O. Box 7307, San Francisco, CA 94120-7307; 415/421-4242.



PERRY STRUSE

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always

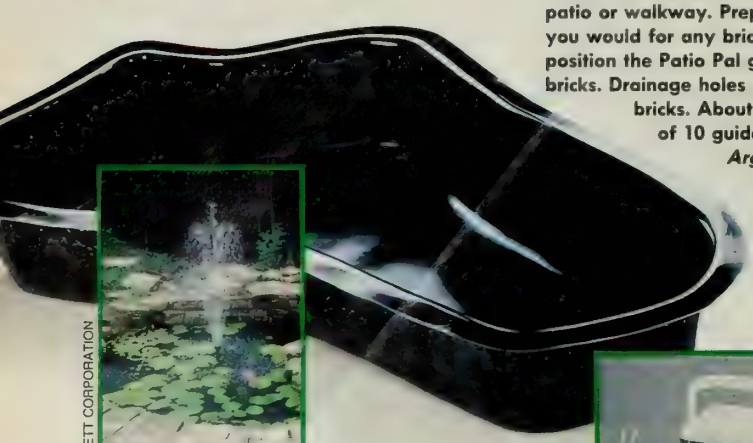
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QUICK STEPS

Plastic brick-laying guides make short work of designing your own beautiful patio or walkway. Prepare the base as you would for any brick patio. Then position the Patio Pal guides and add the bricks. Drainage holes prevent damage to bricks. About $10 for a package of 10 guides.

Argee Corp., 9550 Pathway St., Santee, CA 92071.





BECKETT CORPORATION

WATERFALL, AH-H-H WATERFALL

Even if you're landlocked, you can enjoy the pleasure of water splashing over rocks. Create an oasis using a preformed pond ($300–$1,500) or liners ($99–$300) and fountain kit ($99–$240).

Beckett Corp., 2521 Willowbrook Rd., Dallas, TX 75220; 800/442-5258



SINGER SEWING COMPANY

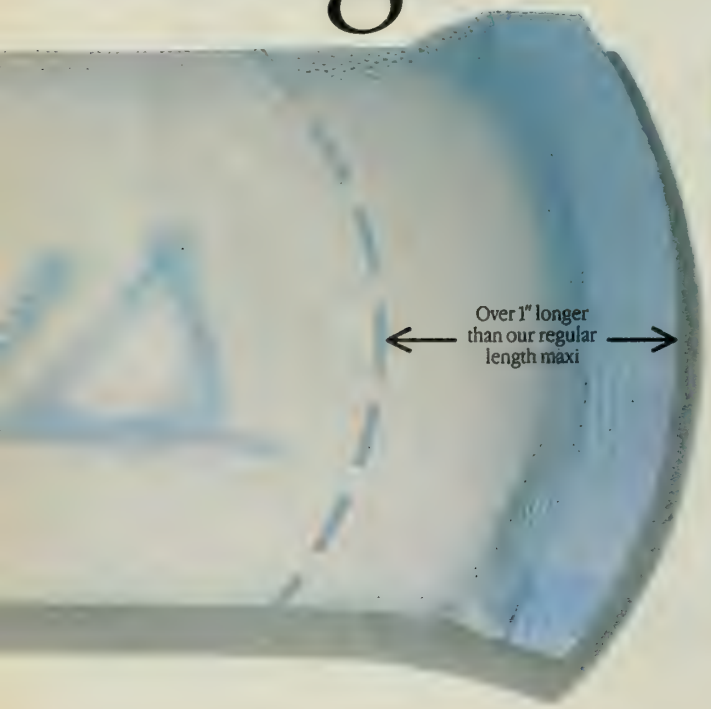
COFFEE, TEA, OR . . .?

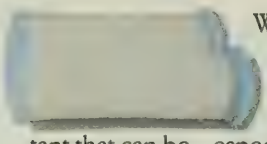
The latest drink craze is iced coffee—no matter what the season. And this coffeemaker makes it easy. The machine grinds fresh coffee beans and then automatically brews iced or hot coffee for four to six. Or put tea in the basket and brew hot or iced tea. For iced coffee or tea just put ice cubes in the carafe and slip the insulator plate over the heating element. Singer 5 'N 1™ about $140.

Singer Sewing Co., 200 Metroplex Dr., P.O. Box 1909, Edison, NJ 08818-1909.

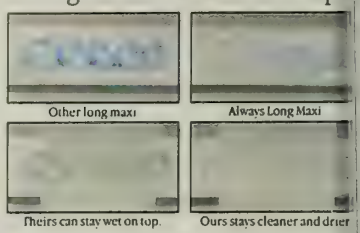
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Introducing the Always Long Maxi.





What's the big news about a maxi over longer than our regular length max It's the assurance you'll get from extr panty coverage. And we know how impo tant that can be...especially on heavier days. Of course, since this is the Always® Long Maxi, you'll also have the advantage of our unique Dri-Weave topsheet that pulls moisture into the pad,





away from you. And that help keep the surface cleaner and drier than any other brand of long maxi you might be using now. For a cleaner and drier kind of protec tion, this is the Long Maxi you've been waiting for. Don't wait any longer to try it.

Now Tough Problems Have A Tough Solution.

New Woolite® Tough Stain™ Rug Cleaner removes the toughest pet stains and odors in minutes. Yet it's safe enough to use even on stain resistant rugs.



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BUILDING

TIPS, TOOLS, AND TECHNIQUES

This column contains the best workshop shortcuts and home maintenance tips that do-it-yourselfers like you have discovered. If we publish your tip, we'll pay you $25. See the last paragraph of this story for details.

DRILL STOPPER

■ When you need to drill several holes to the same depth, cut a wine bottle cork to fit on your drill bit above the depth you need. The cork prevents you from drilling the hole too deep.

J. Davenport, Austin, Tex.

BUTTON UP YOUR GARAGE

■ Additional weather stripping can prevent cold air from infiltrating through your attached garage. Measure around your garage door (or doors) and buy weather stripping that has a bulb or bead along one edge. With the door partially raised, staple or tack the weather strip along the top and two sides of the door edge. With no insulation in the garage walls, 6 inches of ceiling insulation, and the door seals, stored paint and water pipes won't freeze, even when it's zero degrees outside.

C. R. Gains, Boise, Idaho

CAULK TUBE TOPPER

■ An electrical wire nut makes a great sealer cap for an open tube of caulk. The smaller size nut fits a caulk tube that's been snipped off close to the top. The larger size nut fits a tube with a bigger opening.

Anne DiSalvo, Valley Stream, N.Y.

FOILED AGAIN

■ To store your sander disks, use two aluminum pie plates and cut one in half. Tape or staple the full plate to one of the half plates with the open sides facing each other. This makes a pocket for your sander disks. Make several for different weight disks.

Dorthy Ross, Rochester, Ill.

SEND US YOUR TIP

Mail your tip—along with a daytime phone number—to TTT, Better Homes and Gardens®, 1716 Locust St., Des Moines, IA 50336. No food or cooking tips, please. We can't acknowledge or return letters. If we buy your tip, we'll send you a check for $25. We reserve the right to edit tips we buy and to use them in any way for as long as we wish. We don't accept previously published ideas. BH&G

Introducing Woolite® Tough Stain.™

Woolite Tough Stain also makes light work of food, beverage, and even dirty motor oil stains. Just spray, wait a few minutes and clean with a damp sponge.

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Limit: 1 coupon per item purchased. Dealer: Reckitt & Colman, Inc., P.O. Box 700027, El Paso, TX 88570-0027 will redeem

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Tough On Stains. Safe On Rugs.





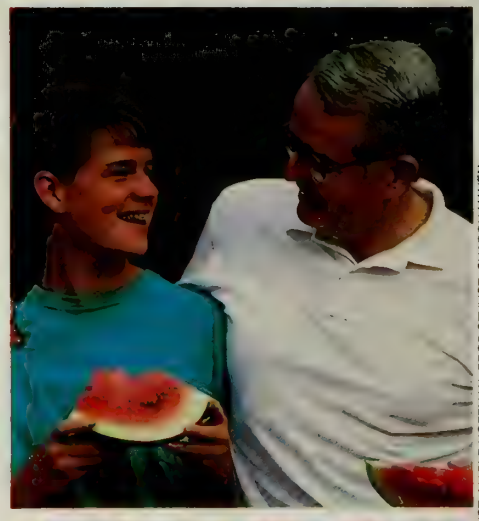


Best-Loved

POTLUCK RECIPES

In America









BY LISA HOLDERNESS

"Bring the family and a favorite dish." These words echo from coast to coast, especially now that reunions and picnics fill parks and yards every weekend. You wonder, "What should I bring?"

Your answer is right here—20 of America's most cherished potluck recipes. They come from families across the country who shared their best-loved dishes with us. Choose from appetizers, entrées, side dishes, and desserts—all totable, family-style, and delicious to the last spoonful.

Recipes begin on page 102.

FOOD PHOTOGRAPHS: JOAN VANDERSCHUIT. PEOPLE PHOTOGRAPHS: ANDY LYONS. FOOD STYLIST: MABLE HOFFMAN. PROP STYLIST: SHARON HAVEN

Introducing New Bounty® Medleys. The Quicker Pretty-Upper.

Pretty prints aren't the only plus – each roll has 50% more sheets than regular Bounty!





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HAND-SHREDDED MEXICAN PORK

Annual Birthday Potluck
Novato, California

This year, as every year, Pam Redmayne brought her zesty, slow-cooked pork, served with tortillas and toppings, for the Piper Park Tennis Crowd's potluck. The group held their first party 12 years ago, when they realized seven of the 30 teammates had birthdays in July.

Best-Loved

POTLUCK RECIPES

In America



SALSA PASTA SALAD, DOUBLE PEANUT COOKIE BARS

Reynolds Reunion
Pittsboro, Indiana

The eight Reynolds brothers and sisters, plus their children, grandchildren, and great-grandchildren, reunite every year at the family's hometown of Pittsboro. Talking soon gives way to eating when everyone gathers round the well-stocked food table. A popular start is a big scoop of zesty southwestern pasta salad, made with fresh sweet peppers and summer tomatoes. But the kids head straight for desserts like the chewy chocolate-peanut bars.

Photographed at The Inn at Rancho Santa Fe, Rancho Santa Fe, California
Recipes begin on page 102.

CHERRY-BLUEBERRY COBBLER SUPREME, WALNUT PIE, OVEN-BARBECUED CHICKEN

Kimlinger 60th Anniversary Party
Woodburn, Oregon

From great grandchildren on up, the Kimlingers entertained more than 100 relatives during their anniversary at the family farm last year. Shirley Kimlinger took advantage of the farm's cherries and berries in her fabulous homemade cobbler. The family farm also produces the walnuts for the caramel custard-style Walnut Pie. No Kimlinger potluck is complete without barbecued chicken. A cranberry-orange sauce glazes this oven-baked version.



CHICKEN PIE WITH BUTTER CRUST

Webster Family Reunion
Warren, Ohio

The Webster family has kept a good thing going ever since their first reunion in 1893. Homemade Chicken Pie with Butter Crust was a reunion favorite way back then, too. One taste of the creamy main-dish pie and flaky butter crust, and you'll know why it has stood the test of time.



Best-Loved

POTLUCK RECIPES

In America

MARGARET'S 'WURST' POTATO SALAD

Miner Family Wedding Potluck
Milwaukee, Wisconsin

Hot German potato salad is a must at any Milwaukee potluck, the Miner family agrees. All of them joke about Margaret Miner's name for her version of this salad, which she makes with sausage. They know that it is one of the best "wurst" salads that they've ever had.





SINGAPORE SLAW

Billings/Haven Anniversary Reunion
Sonoma, California

A double ceremony marked the wedding day of sisters Marcia and Sharon Owen back in 1973. By popular demand, the successful potluck dinner and square dance that followed became an annual event. A favorite dish of Marcia's, an oriental slaw, still stars at the get-togethers. Sweet peppers and oranges color the tangy slaw, which is tossed with sesame dressing.

Recipes begin on page 104.

Best-Loved

POTLUCK RECIPES

In America



CURRIED CHICKEN SALAD

Fishes and Loaves Potluck
Chapel Hill, North Carolina

As a way for newcomers to meet their Chapel Hill neighbors, one local initiated a periodic potluck. Because this colorful, fresh fruit and chicken salad can be conveniently made ahead, it's now a potluck regular.



GREEN PEPPERCORN HAM SPREAD

Wyss 40th Anniversary
Raytown, Missouri

Her parents' 40th anniversary prompted Roxanne Wyss to throw a potluck celebration last summer. For casual nibbling during the party, she made this chunky cheese- and walnut-filled ham spread and served it with assorted crackers and colorful, fresh vegetables.

Recipes begin on page 108.



SMOKEY PEAS AND NEW POTATOES, BAKED BEAN MEDLEY

Brown Family Reunion
Bellevue, Nebraska

Last year's Brown reunion marked 50 years since two of the Brown children left home, one for the convent and one for the army. To celebrate these anniversaries, relatives gathered with their family-favorite foods. Smokey Peas and New Potatoes, made with a creamy cheese sauce and bacon, and slow-simmered Baked Bean Medley both brought folks back for seconds.



Best-Loved

POTLUCK RECIPES

In America



ITALIAN CREME CAKE, SOUTHERN PRALINES, ANGEL BISCUITS

O'Kelly/Therrell Reunion
Starkville, Mississippi

Kitty Crider, an Austin newspaper food editor, says that the food at her O'Kelly/Therrell family reunion has changed little from the old, best-loved recipes. The family really goes for the Italian Creme Cake, a layered coconut and pecan cake with cream cheese frosting. Aunt Jane always brings her prized southern brown-sugar pecan praline candies for snacking. As for the biscuits, these golden yeast dough puffs are a southern tradition, with each family adopting its own version.

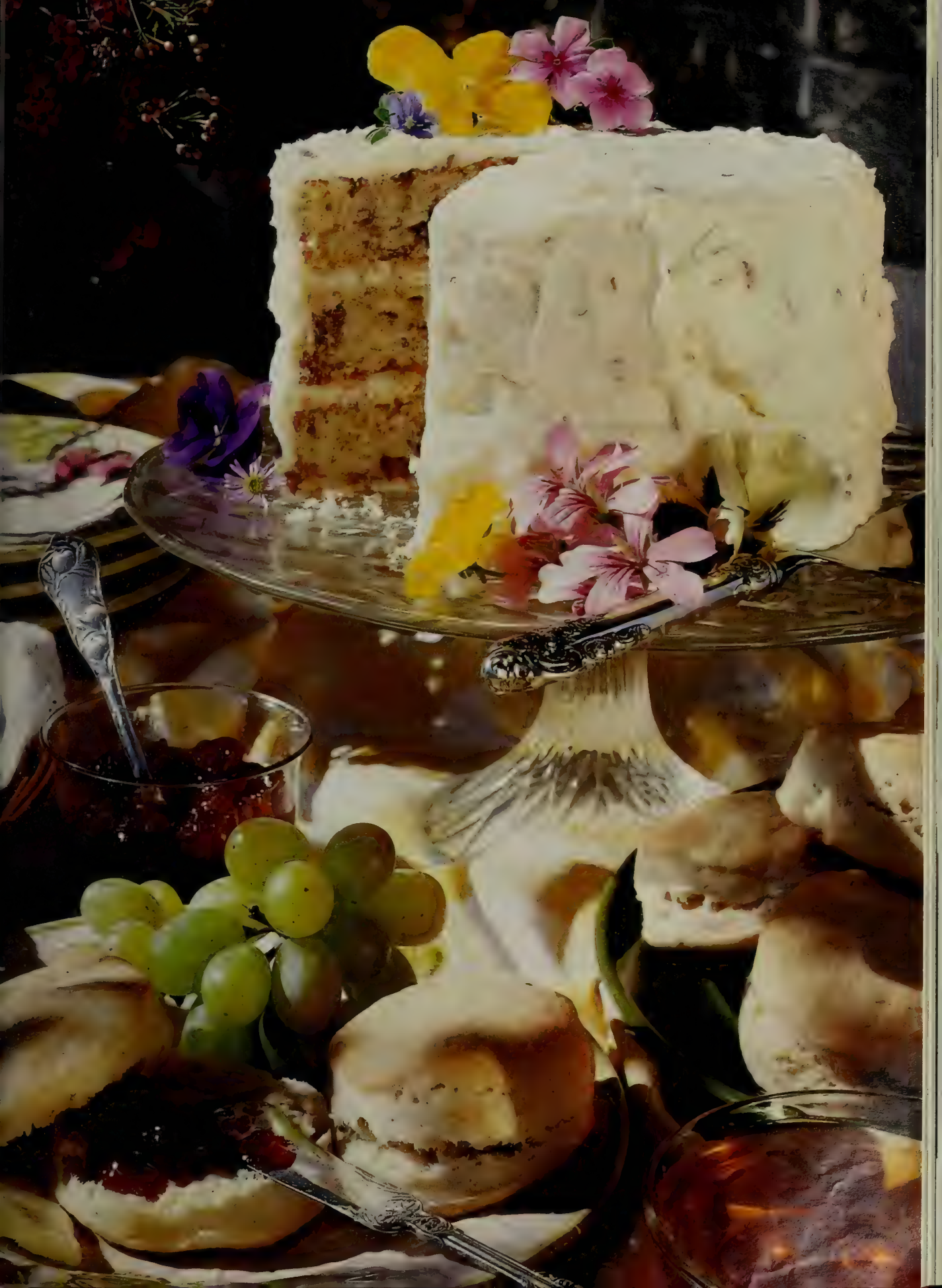


ROSEMARY POUND CAKE, BLACK WALNUT SHORTBREAD

Swihart Family Reunion
Lake Tippicanoe, Indiana

The Swiharts all meet at a family lake house for outdoor activities, chatting, singing, and the main event, eating. This year's menu included two tender, rich pound cakes flavored with mellow rosemary, and buttery shortbread cookies with midwestern black walnuts.

Recipes begin on page 110.





SWEET ONION MARINATED BEEF EYE ROAST, GRILLED VEGETABLES MEDITERRANEAN

Chicago Culinary Guild Picnic
Chicago, Illinois

The Chicago Culinary Guild, an association of food professionals, gets together once a year for a picnic of, as you might imagine, fabulous food. Potluck favorites are judged on which get eaten up first. Only the empty dishes remain after mouth-watering, onion-topped beef roast or tangy grilled vegetables are served.

Best-Loved
POTLUCK RECIPES
In America



Recipes begin on page 114.
Buying information, page 132.

GUESS WHO PUT HEATH® TOFFEE IN THIS GREAT LOOKING WRAPPER?





New Heath® Toffee Chunk from Chips Ahoy®! Selections.
Also available in Chocolate Chunk Pecan and Chunky Chocolate Chip.

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"Chandler's Cottage"

Shown smaller than actual diameter of 8½ inches
Rimmed in 22-karat gold
©1991 Edwin M. Knowles®

The dream cottage that lies hidden in every heart... a Bradford Exchange recommendation



Glowing lamplight spills from the windows of this enchanting English cottage, sending us an irresistible welcome. Now, this nostalgic testament to the quiet beauty of the English countryside has been captured by artist Thomas Kinkade on a fine limited-edition collector's plate. "Chandler's Cottage" is available now – and it looks like a smart buy. Here's why Bradford recommends it:

"Chandler's Cottage" is an important first issue, the first plate in the *Garden Cottages of England* from Edwin M. Knowles China in affiliation with the Bradford Exchange.

An impressive work of art, created from an original work by artist Thomas Kinkade. Attesting to its importance, each plate will be hand numbered and accompanied by a Certificate of Authenticity.

It has the potential to appreciate in value. The edition of "Chandler's Cottage" is limited to a maximum of 150 firing days. Once the edition closes, collectors' demand could exceed the supply of plates and force asking prices up dramatically.

The Bradford Exchange . . . picking winners since 1973
Worldwide, limited-edition plates are the *only* collectibles traded on an organized exchange. And with headquarters in the United States and offices in nine other countries, Bradford is at the very heart of this exciting international market. That means Bradford analysts can often spot trends in the making.

For example, one of our major recommendations in 1981, "Symphony in Steam," from Christian Bell's *Age of Steam* series, originally sold at $65.00 and is now trading at $240.00.* More recently, "The Great Smoky Mountains," an exceptional landscape plate from W. S. George's *America the Beautiful* series, is valued at 181% of its 1988 issue price.

Like any marketplace subject to the laws of supply and demand, the plate market is ever changing. Not all plates go up in value; some go down. But right now, Bradford Exchange analysts rate "Chandler's Cottage" as one of the year's top prospects. . . and we'll back up your purchase with our 365-day money-back guarantee.

Don't Delay. To acquire "Chandler's Cottage" at its $27.90 issue price – backed by our 365-day guarantee – simply fill out and mail the order form provided. *Send no money now.* You will be billed when your plate is shipped. The time to get "Chandler's Cottage" is now – *before* it has a chance to increase in value.

*As cited in the Bradford Exchange Market Report, Vol. III-4.

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A BRADFORD EXCHANGE APPROVED RECOMMENDATION ®

"Chandler's Cottage"

The Bradford Exchange Trading Floor
9345 Milwaukee Avenue, Chicago, IL 60648

Please respond by: August 31, 1991

Please enter my order for "Chandler's Cottage." I understand I need SEND NO MONEY NOW. I will be billed $27.90, when my plate is shipped. *Limit: one plate per customer.*

Signature

Mr. Mrs. Ms. _____ ( ) _____
(Circle One) Name (Please Print) Telephone

Address

City State Zip

7531-E81201

*Plus a total of $3.49 postage and handling, and sales tax where applicable.
The plate price in Canada is $39.90.

Your Unconditional 365-day Guarantee:

Within one full year after you receive your plate, you may resell it to us if for any reason you are not completely satisfied. We will issue you a refund check (or credit your account if you paid by credit card) for everything you have paid, including postage.

NUTRITION INFORMATION

HOW TO MAKE IT WORK FOR YOU

EVERY RECIPE ANALYZED

With each recipe, we give important nutrition information. The calorie count of each serving and the amount, in grams, of fat, cholesterol, protein, carbohydrate, fiber, and sodium help you keep tabs on what you eat. We also include the percent of calories coming from fat.

You can check the vitamin and mineral levels of each recipe serving. These are noted in percentages of the United States Recommended Daily Allowance (U.S. RDA) whenever values exceed 10 percent of the recommended amount. (The U.S. RDAs are dietary standards developed by the Food and Drug Administration.)

HOW WE ANALYZE

We omit optional ingredients from the nutrition analysis.



Our seal assures you that every recipe has been tested in the *Better Homes and Gardens*® Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

When ingredient options appear in a recipe (such as margarine *or* butter), we use the first one mentioned for analysis. The ingredient order does not mean we prefer one ingredient or the other.

We use the first serving size listed when a range is given.

WHAT YOU NEED

Use our analyses to chart the nutrition value of the foods you eat and the recipes you prepare. Nutritionists suggest that healthy adults follow these daily recommendations:

Protein: About 15% of calories
Fat: No more than 30% of calories
Carbohydrate: About 55% of calories
Cholesterol: No more than 300 milligrams
Sodium: 500 to 3,000 milligrams
Dietary fiber: 20 to 30 grams

For example, a moderately active woman who consumes about 2,000 calories a day needs: about 75 grams of protein, no more than 67 grams of fat, and 275 grams of carbohydrate. In general, moderately active males and teenagers need more calories.

AUGUST RECIPE INDEX

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POTLUCK RECIPES

Pictured on pages 86-96.

HAND-SHREDDED MEXICAN PORK

Serve the shredded pork in a tortilla along with Mexican toppings (shown on page 88). Or, try it spooned onto crusty rolls for a southern-style sandwich—

1 3-lb. lean boneless pork shoulder roast, cut into 2- to 3-inch chunks
1 to 2 Tbsp. cooking oil
2 large onions, chopped (2 cups)
4 garlic cloves, minced
1 16-oz. can tomatoes, cut up
3 jalapeño peppers, seeded and finely chopped*
3 bay leaves
2 Tbsp. chili powder
2 tsp. ground cumin
1 tsp. dried oregano, crushed
12 to 14 large flour *or* corn tortillas
Toppings such as shredded cheddar *or* Monterey Jack cheese, chopped tomatoes, salsa, guacamole, snipped cilantro, dairy sour cream, *and/or* shredded lettuce

● **In heavy 4-quart Dutch oven** brown pork, several pieces at a time, in hot oil over medium-high heat. Transfer with slotted spoon to a bowl; repeat till all of the pork is browned.

● **Reduce heat to medium.** In same pan, cook onions and garlic about 5 minutes or till tender. Drain off fat. Stir in *undrained* tomatoes, chopped

continued on page 104



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POTLUCK RECIPES

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jalapeños, bay leaves, chili powder, cumin, oregano, ½ teaspoon *salt,* and ½ teaspoon *pepper.* Add pork. Bake, covered, in a 325° oven about 2 hours or till pork is very tender when pierced with a fork. Remove pork with a slotted spoon; cool. Reserve cooking liquid; skim off fat and discard bay leaves.

● **Using two forks,** shred pork by pulling forks through meat in opposite directions. Return shredded pork to cooking liquid. Heat through. Spoon some of the warm filling onto *half* of each tortilla, along with desired toppings; fold other side of tortilla over the filling. Makes 12 to 14 servings.

Potluck tip: Place chopped tomato, cilantro, and lettuce in individual storage containers. Buy preshredded cheese, a jar of salsa, and cartons of guacamole and sour cream. Place all containers in a cooler with ice.

***Handling chili peppers:** Because chili peppers contain volatile oils that can burn your skin and eyes, avoid direct contact with the peppers as much as possible. Wear plastic or rubber gloves or hold your hands under cold running water. If your bare hands do touch chili peppers, wash your hands well with soap and water.

Nutrition information per serving with 1 flour tortilla, 1 tablespoon cheese and 1/4 cup chopped tomatoes: *391 cal. (34% from fat), 15 g fat, 86 mg chol., 30 g pro., 36 g carbo., 3 g dietary fiber, 487 mg sodium. U.S. RDA: 18% iron, 15% vit. C, 69% thiamine, 35% riboflavin, 52% niacin.*

SALSA PASTA SALAD

Toss together this fresh-tasting salad the night before, then relax and enjoy it the day of your potluck—

- **1 lb. corkscrew macaroni (rotelle) *or* bow-tie pasta (8 cups)**
- **6 medium tomatoes, diced**
- **2 medium onions, chopped**
- **1 small green pepper, diced**
- **1 small red sweet pepper, diced**
- **2 4-oz. cans diced green chili peppers**
- **1 6-oz. can pitted ripe olives, drained and sliced**
- **½ cup cooking oil**
- **⅓ cup lemon juice**
- **⅓ cup vinegar**
- **¼ cup chopped fresh cilantro *or* 2 Tbsp. dried coriander, crushed**
- **1 Tbsp. chili powder *or* 2 Tbsp. Mexican-flavor bouillon granules**
- **1½ tsp. garlic salt**
- **1 tsp. sugar**
- **Fresh cilantro sprigs (optional)**

● **Cook pasta** according to package directions. In a very large bowl, combine pasta with tomatoes, onion, green and red peppers, *undrained* chili peppers, and olives; mix well.

● **For dressing,** in screw-top jar combine oil, lemon juice, vinegar, cilantro, chili powder or bouillon, garlic salt, sugar, and 1 teaspoon *pepper.* Cover; shake to mix. Pour over pasta mixture. Toss gently till all ingredients are well coated. Chill, covered, up to 24 hours. Top with cilantro sprigs. Makes 18 to 20 side-dish servings.

Nutrition information per serving: *177 cal. (37% from fat), 8 g fat, 0 mg chol., 4 g pro., 25 g carbo., 2 g dietary fiber, 350 mg sodium. U.S. RDA: 44% vit. C.*

DOUBLE PEANUT COOKIE BARS

Make these rich bars in 5 minutes, bake, and voilá! dessert for 36—

- **½ cup margarine *or* butter**
- **1½ cups graham cracker crumbs**
- **1 14-oz. can *sweetened condensed* milk**
- **1 12-oz. pkg. peanut-butter-flavored pieces**
- **1 6-oz. pkg. semisweet chocolate pieces**
- **1 cup chopped Spanish peanuts**

● **Preheat oven to 350°.** In hot oven, melt margarine or butter in a 13x9x2-inch baking pan. Remove from oven.

● **Stir in crumbs;** spread evenly in bottom of pan. Pour *sweetened condensed* milk evenly over crumbs. Sprinkle with a layer of peanut-butter-flavored pieces, a layer of chocolate pieces, and then the peanuts; press peanuts gently into mixture.

● **Bake 25 minutes** or till edges are golden brown. Chill at least 1 hour before cutting bars. Makes 36 bars.

SAFE PICNICKING POINTERS

Keep potluckers happy and healthy this summer by following the food safety tips on page 40.

Potluck tip: Transport cut bars in pan, covered. To keep from melting, place in a cooler with ice till serving.

Nutrition information per bar: *180 cal. (54% from fat), 11 g fat, 4 mg chol., 4 g pro., 17 g carbo., 1 g dietary fiber, 112 mg sodium.*

CHERRY-BLUEBERRY COBBLER SUPREME

- **2 cups fresh *or* frozen pitted tart red cherries**
- **1 cup fresh *or* frozen blueberries**
- **1 cup all-purpose flour**
- **1 cup whole wheat flour**
- **2 tsp. baking powder**
- **¼ tsp. salt**
- **½ cup margarine *or* butter, softened**
- **1 cup sugar**
- **¾ cup milk**
- **½ to ¾ cup sugar**
- **Cherry juice *or* water (about 2 cups)**
- **Powdered sugar (optional)**
- **Ice cream *or* light cream (optional)**

● **Thaw fruit, if frozen.** In a medium mixing bowl stir together flours, baking powder, and salt. With an electric mixer, beat margarine or butter and the 1 cup sugar till fluffy. Add flour mixture alternately with milk. Beat till smooth. Spread batter evenly over the bottom of a greased 3-quart oval baking dish or a 13x9x2-inch baking pan.

● **Drain fruit, reserving liquid** (only if using frozen, thawed fruit). Add enough cherry juice or water to fruit liquid to equal *2 cups.* Sprinkle batter with cherries and blueberries. Sprinkle with remaining ½ to ¾ cup sugar, depending on sweetness of fruit. Pour *2 cups* of fruit juice mixture over fruit.

● **Bake in a 350° oven** 40 to 45 minutes or till toothpick inserted in cake comes out clean. (Some of fruit should sink toward bottom as the cake rises to top.) Cool. If desired, sprinkle lightly with powdered sugar; serve warm with ice cream or cream. Serves 12.

Blackberry-Blueberry Cobbler Supreme: Prepare as above *except* substitute 2 cups fresh or frozen *blackberries* for cherries. Also, substitute *grape juice* for cherry juice.

Nutrition information per serving: *263 cal. (28% from fat), 8 g fat, 1 mg chol., 3 g pro., 46 g carbo., 2 g dietary fiber, 192 mg sodium. U.S. RDA: 16% vit. A, 15% thiamine.*

continued on page 106

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Pork and Red Chile Stir-Fry

- 1 lb. lean boneless pork loin, sliced thinly
- 1 T. vegetable oil
- 2 cloves garlic, minced
- 1 10-oz. pkg. frozen cut green beans, defrosted
- 2 t. sugar
- 2 t. soy sauce
- 1/2 t. crushed red pepper
- 1/2 t. ground ginger
- 1 t. sesame oil
- 1 t. rice vinegar

Stir-fry pork and garlic in hot skillet 2 min. Add beans, stir-fry an additional 3-4 min. until beans are tender. Push pork and beans to one side of pan; add remaining ingredients, stirring constantly to mix. Stir in pork and beans. Serve immediately with hot, cooked rice or shredded lettuce. Serves 4.

Nutrient Info. per serving:
Calories: 280 Protein: 29 g Fat: 11 g
Sodium: 237 mg Cholesterol: 66 mg

The Other White Meat.®

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POTLUCK RECIPES

continued from page 104

WALNUT PIE

- ½ cup packed brown sugar
- 2 Tbsp. all-purpose flour
- 1¼ cups light corn syrup
- 3 Tbsp. margarine *or* butter
- 3 eggs
- 1 tsp. vanilla
- 1 cup broken walnuts, toasted
- 1 unbaked 9-inch pastry shell

● **In a medium saucepan** stir together brown sugar and flour. Add the corn syrup and margarine or butter. Cook and stir over low heat just till margarine or butter is melted. In a small bowl, with a fork or whisk, beat eggs and vanilla. Add egg mixture to brown sugar mixture. Stir in walnuts.

● **Pour walnut mixture** into the unbaked pastry shell. Cover edges of crust with foil to prevent overbrowning. Bake in a 375° oven for 25 minutes. Remove foil; continue baking for 10 to 15 minutes more or till a knife inserted near the center of filling comes out clean. Cool pie on a wire rack. To store, cover and place in the refrigerator. Makes 8 servings.

Potluck tip: If transporting, wrap with foil or plastic wrap. For extra protection, wrap a clean garbage bag several times around the covered pie. Place in a cooler with ice.

Nutrition information per serving: *509 cal. (41% from fat), 24 g fat, 80 mg chol., 7 g pro., 71 g carbo., 1 g dietary fiber, 171 mg sodium. U.S. RDA: 11% iron, 11% vit. A, 24% thiamine, 19% riboflavin, 11% niacin.*

OVEN-BARBECUED CHICKEN

You can cook this chicken at home and transport it, or bring the chicken and the sauce along to your picnic site and grill it there—

- 1 15-oz. can tomato sauce
- ¾ cup cranberry-orange sauce
- ¼ cup packed brown sugar
- ¼ cup vinegar
- 1 Tbsp. Worcestershire sauce
- 1 tsp. chili powder
- 8 to 10 lb. meaty chicken pieces, skinned if desired

● **For sauce,** in a medium saucepan combine tomato sauce, cranberry-orange sauce, brown sugar, vinegar, Worcestershire sauce, and chili powder. Bring to boiling. Reduce heat; simmer, uncovered, for 20 to 30 minutes or till slightly thickened, stirring occasionally.

● **Arrange chicken pieces** in a 13x9x2-inch baking pan. Bake, uncovered, in a 375° oven 30 minutes. Brush sauce over chicken; bake 15 to 20 minutes more. Brush occasionally with sauce during the last 10 minutes of baking. Heat any remaining sauce in a saucepan, microwave oven, or on the side of the grill to pass with chicken.

● ***Or,* for on-site grilling,** place chicken, bone side up, on an uncovered grill, directly over *medium* coals for 20 minutes. Turn chicken; grill 10 to 20 minutes more or till no longer pink, brushing often with sauce during last 10 minutes of grilling. Serves 20 to 24.

Potluck tip: For transporting, cool the sauce, transfer it to a storage container, and pack it in the cooler. If grilling the chicken on-site, wash the raw chicken at home, transfer it to a tightly sealed storage container, and pack it in the cooler with ice.

Note: To cut recipe in half, purchase half the amount of chicken. Make whole amount of sauce and chill half of it for another use, in a storage container, for up to 2 weeks.

Nutrition information per serving: *199 cal. (43% from fat), 9 g fat, 60 mg chol., 19 g pro., 9 g carbo., 1 g dietary fiber, 198 mg sodium. U.S. RDA: 11% riboflavin, 46% niacin.*

CHICKEN PIE WITH BUTTER CRUST

- **5 lb. skinless, meaty chicken pieces (breasts and thighs)**
- **1 large onion, quartered**
- **2½ cups cubed potatoes**
- **1½ cups finely chopped onions**
- **4 medium carrots, cut into julienne strips (1½ cups)**
- **1 cup sliced celery**
- **⅔ cup all-purpose flour**
- **2 cups all-purpose flour**
- **4 tsp. baking powder**
- **1 beaten egg**
- **1 cup milk**
- **3 Tbsp. butter, melted**

● **In a Dutch oven** or large saucepan combine chicken and 6 cups *water.* Add the 1 quartered onion and 1 tablespoon *salt.* Bring to boiling; reduce heat. Cover and simmer about 40 minutes or till chicken is tender. Remove chicken from broth, reserving broth. Cool chicken. Remove meat from bones, then cut meat into small pieces.

● **In another saucepan cook** potatoes, the 1½ cups onions, carrots, and celery, covered, in a small amount of boiling water for 10 minutes or till just tender. Drain. Divide chicken and vegetables between two ungreased 2-quart casseroles.

● **For gravy, skim fat** from broth. Strain broth; reserve *4 cups* broth. Return broth to Dutch oven or saucepan and heat through. Stir together 1 cup *water,* the ⅔ cup flour, and ½ teaspoon *pepper;* add to broth. Cook and stir till thickened and bubbly. Remove from heat; cover and keep warm.

● **For the crust,** in a large mixing bowl stir together remaining 2 cups flour, baking powder, and ½ teaspoon *salt.* In a medium mixing bowl combine egg, milk, and melted butter. Stir just till moistened. Divide the warm gravy between the 2 casseroles. Drop dough in small rounds atop hot gravy.

● **Bake casseroles** immediately in a 450° oven for 10 minutes, reduce heat to 400°, and bake 8 to 10 minutes or till golden brown. Serve warm. (Do not freeze or make ahead and chill.) Makes 4 or 5 servings per casserole.

Potluck tip: For smaller gatherings, cut recipe in half and make one casserole. For toting instructions, see tip, *page 110.*

Nutrition information per serving: *519 cal. (23% from fat), 13 g fat, 129 mg chol., 38 g pro., 60 g carbo., 5 g dietary fiber, 1,245 mg sodium. U.S. RDA: 24% calcium, 26% iron, 138% vit. A, 32% vit. C, 54% thiamine, 43% riboflavin, 81% niacin.*

MARGARET'S 'WURST' POTATO SALAD

- **2 lb. whole tiny new potatoes**
- **8 oz. fully cooked smoked sausage links**
- **6 strips bacon, chopped**
- **¼ cup chopped onion**
- **¼ cup chopped celery**
- **½ cup vinegar**
- **3 Tbsp. sugar**
- **1 16-oz. can sauerkraut, drained and rinsed**
- **Celery leaves (optional)**

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POTLUCK RECIPES

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● **Place a steamer basket** in a large saucepan. Add water to just below the bottom of the steamer basket. Bring to boiling. Quarter potatoes. Add potatoes and sausage to steamer basket. Steam for 20 to 25 minutes or till potatoes are tender; drain. Cool sausage slightly; bias-slice into 1-inch pieces.

● **Meanwhile, for the dressing,** in a large skillet cook bacon, onion, and celery till brown. Drain, reserving *1 tablespoon* drippings. Add reserved drippings, ¼ cup *water,* vinegar, and sugar to skillet with the bacon, onion, and celery. Simmer 5 minutes or till slightly thickened. Stir in sauerkraut.

● **In a large serving bowl combine** potatoes, sausage, and dressing-sauerkraut mixture; toss to coat. Serve warm. Top with celery leaves. Makes 14 to 16 side-dish servings.

Potluck tip: For toting directions, see tip, *page 110.*

Nutrition information per serving: *156 cal. (36% from fat), 6 g fat, 14 mg chol., 5 g pro., 21 g carbo., 2 g dietary fiber, 399 mg sodium. U.S. RDA: 31% vit. C, 15% thiamine, 14% niacin.*

SINGAPORE SLAW

1 medium head green cabbage, shredded (6 cups) *or* one 16-oz. pkg. preshredded coleslaw mix
1 1-lb. jicama, peeled and cut into julienne strips (3¼ cups)
3 oranges, sectioned
1 green, red, *and/or* yellow sweet pepper, cut into julienne strips (1 cup)
½ medium red onion, thinly sliced and separated into rings
¼ cup snipped cilantro
¼ cup peanut oil *or* salad oil
2 Tbsp. sugar
3 Tbsp. rice vinegar
1 Tbsp. sesame oil
2 tsp. soy sauce
½ tsp. dry mustard
½ cup peanuts

● **In a large serving bowl combine** cabbage, jicama, orange sections, sweet pepper, red onion, and cilantro. Cover and chill till serving time or up to 4 hours.

● **For dressing,** in a screw-top jar combine peanut or salad oil, sugar, rice vinegar, sesame oil, soy sauce, and dry mustard. Shake to mix. (Dressing can be made up to 1 week in advance and chilled, covered.) To serve, toss salad with dressing; sprinkle with peanuts. Makes 20 side-dish servings.

Potluck tip: To tote, pack the dressing in the screw-top jar and the peanuts in a plastic bag. Toss the salad with the dressing before serving and sprinkle with peanuts. Cut recipe in half for smaller groups.

Nutrition information per serving: *81 cal. (55% from fat), 5 g fat, 2 g pro., 8 g carbo., 2 g dietary fiber, 55 mg sodium. U.S. RDA: 48% vit. C.*

GREEN PEPPERCORN HAM SPREAD

For a more healthful spread, use low-sodium ham and cheese and reduced-calorie mayonnaise; serve spread with low-fat crackers, bread cubes, and/or vegetables—

½ lb. fully cooked ham, cut into ½-inch cubes (1⅓ cups)
4 oz. cheddar cheese, cut into ½-inch cubes
½ cup broken walnuts
1 green onion, cut into 1-inch pieces
1 Tbsp. snipped parsley
½ cup mayonnaise *or* reduced-calorie mayonnaise
2 Tbsp. drained green peppercorns
1 tsp. Dijon-style mustard
Crackers, bread cubes, and raw vegetables (optional)

● **In a food processor bowl place** ham, cheese, walnuts, onion, and parsley. Process, pulsing to chop (do not puree).* Transfer mixture to a medium bowl. Add mayonnaise, peppercorns, and mustard. Stir till well blended. Cover; chill for up to 3 days. Serve with crackers, bread cubes, and/or vegetables. Makes 2¼ cups.

*If you do not have a food processor, grind ham in a meat grinder, shred cheese, and finely chop walnuts, onion, and parsley. Transfer to a mixer bowl and beat with an electric mixer till combined. Continue as directed.

Potluck tip: For toting, transfer spread to a storage container and place in a cooler with ice. Bring a box of crackers or cube a loaf of French bread and place in a plastic bag. If serving the spread with vegetables, clean vegetables, cut into bite-size pieces, transfer to a plastic bag, and pack them in the cooler.

Nutrition information per tablespoon spread: *56 cal. (77% from fat), 5 g fat, 9 mg chol., 3 g pro., 1 g carbo., 0 g dietary fiber, 125 mg sodium.*

SMOKEY PEAS AND NEW POTATOES

Kids really go for the creamy cheese and bacon flavors in this side dish—

2 lb. whole tiny new potatoes, halved
1 10-oz. pkg. frozen peas
3 Tbsp. margarine *or* butter
3 Tbsp. all-purpose flour
2 cups milk
1 6-oz. link cheese food with hickory smoke flavor, cut up
½ of an 8-oz. pkg. cheese spread, cut up
6 slices bacon, crisp cooked, drained, and crumbled

● **In a large saucepan cook** potatoes, covered, in a small amount of boiling water about 12 minutes or till just tender. Add peas. Cover; cook 3 minutes. Transfer to a colander to drain.

● **In the same saucepan melt** margarine or butter; stir in flour. Add milk all at once. Cook and stir till thickened and bubbly. Cook and stir for 1 minute more. Reduce heat; add cheeses. Cook and stir just till cheeses melt. Add potatoes, peas, and *half* of the bacon; heat through. Transfer to a large serving dish. Top with remaining bacon. Serve warm. Makes 12 to 14 side-dish servings.

Potluck tip: For toting directions, see tip, *page 110.*

Nutrition information per serving: *243 cal. (40% from fat), 11 g fat, 21 mg chol., 10 g pro., 27 g carbo., 3 g dietary fiber, 426 mg sodium. U.S. RDA: 25% calcium, 16% vit. A, 25% vit. C, 22% thiamine, 21% riboflavin, 15% niacin.*

BAKED BEAN MEDLEY

1 lb. ground beef
2 cups chopped onion
2 31-oz. cans pork and beans
1 15-oz. can kidney beans
1 15-oz. can red beans
1 15-oz. can lima beans
¾ lb. sliced bacon, chopped into pieces, cooked, and drained
1½ cups barbecue sauce
½ cup packed brown sugar
3 Tbsp. vinegar

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HOW TO ELIMINATE TSKS.

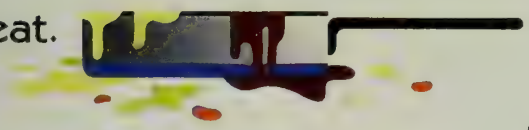
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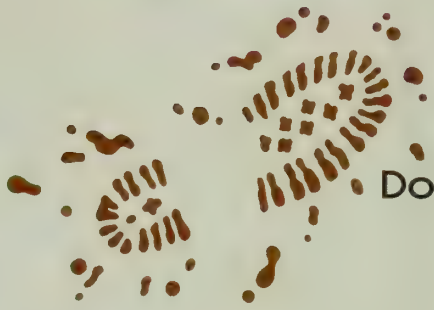




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POTLUCK RECIPES

continued from page 108

1 Tbsp. liquid smoke (optional)
1 tsp. salt
½ tsp. pepper

● **In a Dutch oven cook** ground beef and onion till meat is brown and onion is tender; drain fat.

● **In a colander drain** *one* can of the pork and beans, the kidney beans, red beans, and lima beans. To the Dutch oven add all of the beans, bacon, barbecue sauce, brown sugar, vinegar, liquid smoke, salt, and pepper. Cover and bake in a 350° oven about 1 hour or till heated through. Serves 24.

Potluck tip: For toting directions, see tip, *at right.* Transfer any leftovers to a freezer container and freeze for up to 3 months.

Nutrition information per serving: *203 cal. (22% from fat), 5 g fat, 20 mg chol., 12 g pro., 29 g carbo., 7 g dietary fiber, 643 mg sodium. U.S. RDA: 22% iron, 10% vit. C, 12% thiamine, 13% niacin.*

CURRIED CHICKEN SALAD

For larger groups, double or triple this refreshing main-dish salad—

3 cups cubed, cooked chicken
1 8-oz. can sliced water chestnuts, drained
1¾ cups seedless red grapes, halved
1 11-oz. can mandarin orange sections, drained
1 cup finely chopped celery
¾ cup mayonnaise *or* salad dressing
1 tsp. curry powder
2 tsp. soy sauce
2 tsp. lemon juice
Boston lettuce *or* leaf lettuce (optional)

● **In a large bowl combine** chicken, water chestnuts, grapes, mandarin sections*, and celery.

● **For dressing,** in a small bowl stir together mayonnaise or salad dressing, curry powder, soy sauce, lemon juice, and *salt* to taste. Mix well. Stir dressing into chicken mixture; toss to coat. Cover and chill up to 8 hours.

● **To serve, place** a lettuce leaf on each plate; top with chicken salad. Makes 6 to 8 main-dish servings.

*If salad needs to be stored longer than 8 hours, stir in mandarin orange sections just before serving.

Nutrition information per serving: *396 cal. (57% from fat), 25 g fat, 75 mg chol., 23 g pro., 21 g carbo., 3 g dietary fiber, 369 mg sodium. U.S. RDA: 27% vit. C, 13% thiamine, 12% riboflavin, 70% niacin.*

ROSEMARY POUND CAKE

Look for orange flower water in the pharmacy section of your grocery store or drugstore—

1 cup butter, softened
1 cup sugar
¼ cup honey
5 eggs
2 cups sifted cake flour
1 tsp. baking powder
1 Tbsp. snipped fresh rosemary *or* 1 tsp. dried rosemary, crushed
1½ tsp. orange flower water *or* ¼ tsp. orange extract
1¼ tsp. finely shredded orange peel
1½ tsp. orange juice
1 recipe Orange Juice Glaze
Sprigs fresh rosemary (optional)

● **In a medium mixer bowl beat** butter and sugar with an electric mixer on medium speed for 6 minutes or till light and creamy. Beat in honey. Add eggs, one at a time, beating for 1 minute after each addition. (Batter may look slightly curdled.) Stir together flour and baking powder. Gradually add the flour mixture to the sugar mixture, beating on low speed just till blended. Gently stir in the rosemary, orange water or extract, peel, and orange juice.

KEEPING HOT DISHES HOT

When toting casseroles and other hot dishes to your potluck, take them from the oven just before you leave home. If desired, transfer hot food to an electric crockery cooker that is well insulated. Wrap dish, container, or crockery cooker in heavy foil, several layers of newspapers, or a heavy towel. Then, place in an insulated container to tote. The food should stay hot for up to 2 hours. If there is electricity at your picnic spot and you have a crockery cooker, your food will stay warm for hours on low setting.

● **Pour into two greased** and floured 8x4x2-inch loaf pans. Bake in 325° oven 45 minutes or till toothpick inserted near center comes out clean. Cool in pans 10 minutes. Remove and cool on wire rack. Drizzle with Orange Juice Glaze and top with rosemary sprigs. (If freezing, glaze cakes after thawing.) Makes 2 loaves (10 servings per loaf).

Orange Juice Glaze: Stir together ⅔ cup sifted *powdered sugar* and 2 teaspoons *orange juice.*

Nutrition information per serving: *187 cal. (50% from fat), 11 g fat, 78 mg chol., 2 g pro., 21 g carbo., 0 g dietary fiber, and 108 mg sodium. U.S. RDA: 14% vit. A.*

BLACK WALNUT SHORTBREAD

These crisp shortbreads really showcase the stronger flavored, more aromatic black walnuts. If black walnuts aren't available, substitute English walnuts—

1 cup butter, softened
1 cup sugar
1½ cups chopped black walnuts *or* English walnuts, toasted
2 cups all-purpose flour
½ tsp. baking powder
¼ tsp. salt
1 cup semisweet chocolate pieces (optional)
2 Tbsp. shortening (optional)

● **In a large mixer bowl beat** butter and *¾ cup* of the sugar with an electric mixer on medium speed till light and fluffy; stir in *1 cup* of the black or English walnuts and mix well. In another bowl combine flour, baking powder, and salt. Stir flour mixture into butter mixture. Mix thoroughly to form a dough.

● **On a lightly floured surface, roll** dough ½-inch thick. Mix together the remaining sugar and nuts; sprinkle atop dough. Roll dough to ¼ inch thick. With a cookie cutter or knife, cut into desired shapes. Place cookies on an ungreased cookie sheet.

● **Bake in a 375° oven** for 8 to 10 minutes or till edges just begin to brown. Remove cookies from cookie sheets and cool on wire racks.

● **To decorate with chocolate,** in a heavy, small saucepan heat chocolate pieces and shortening over low heat till melted, stirring occasionally. For chocolate-dipped cookies, dip half of each cookie into the chocolate

continued on page 112

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POTLUCK RECIPES

continued from page 110

mixture, then place on waxed paper till set. Or, for cookies decorated with chocolate lines, fill a pastry bag fitted with a small round tip (or, a small clear plastic bag with one corner snipped) with the chocolate mixture. Pipe chocolate in wavy lines across each cookie. Makes 36 to 48 cookies.

Potluck tip: For hot summer days, you may not want to dip or drizzle cookies in chocolate. Pack cookies in a flat storage container, layering sheets of waxed paper between cookies.

Nutrition information per serving: *124 cal. (58% from fat), 8 g fat, 14 mg chol., 2 g pro., 12 g carbo., 0 g dietary fiber, 62 mg sodium.*

ITALIAN CREME CAKE

½ cup margarine *or* butter, softened
⅓ cup shortening
1¾ cups sugar
4 egg yolks
1 tsp. vanilla
1¾ cups all-purpose flour
1½ tsp. baking powder
¼ tsp. baking soda
¾ cup buttermilk
1 3½-oz. can flaked coconut
1 cup chopped pecans
4 egg whites
1 recipe Cream Cheese Pecan Frosting

● **In a large mixer bowl beat** margarine or butter and shortening with an electric mixer till combined. Add sugar; beat on medium-high speed till mixture is light and fluffy. Add egg yolks and vanilla; beat well. In another bowl combine flour, baking powder, and baking soda; add to egg yolk mixture alternately with buttermilk, beating just till combined after each addition. Stir in coconut and chopped pecans. Wash beaters thoroughly.

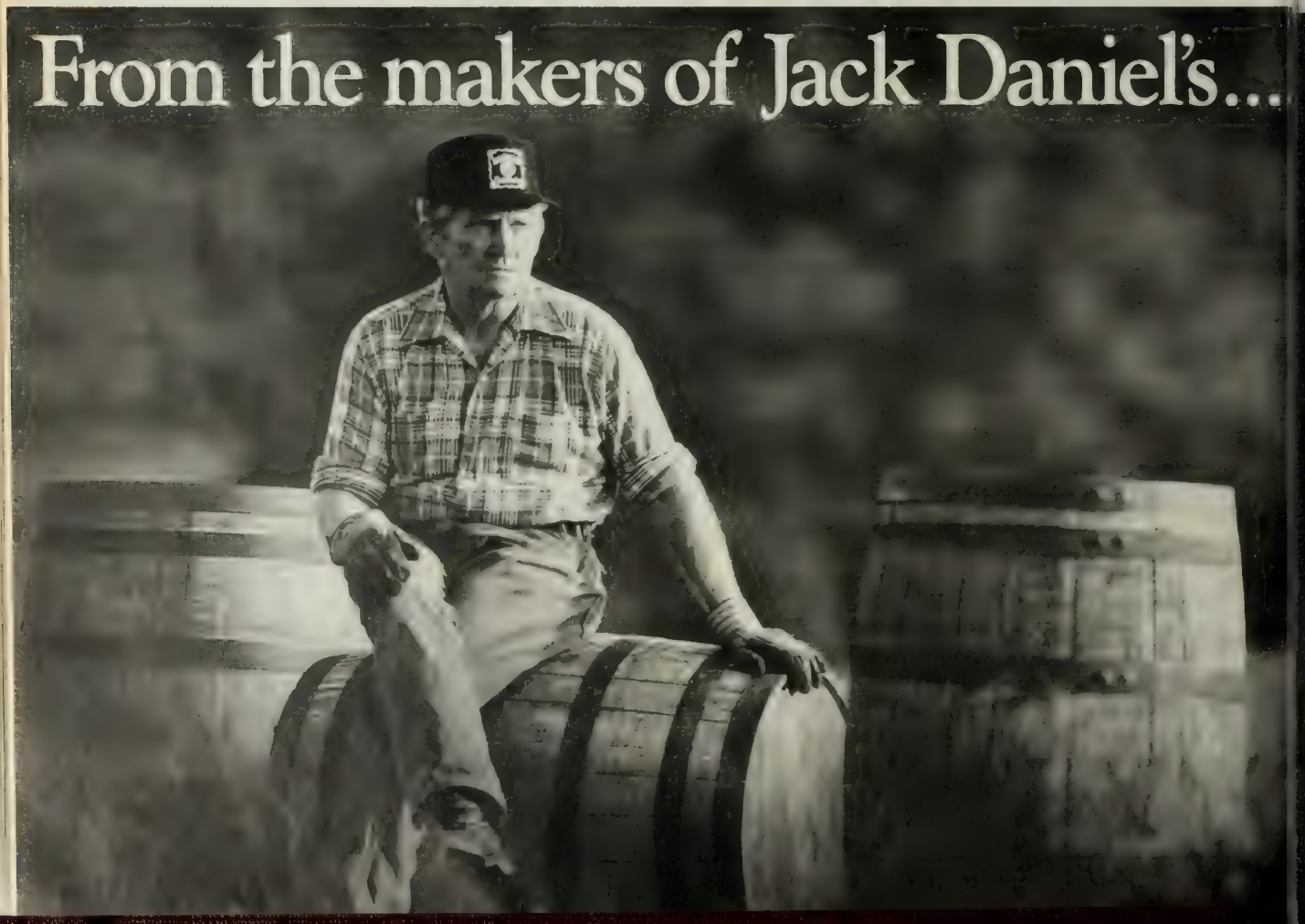
● **In a small mixer bowl, beat** egg whites till stiff peaks form. Stir about a *third* of the whites into the cake batter to lighten. Fold in remaining whites.

● **Pour batter** evenly into 3 greased and floured 8-inch cake pans. Bake in a 350° oven for 25 to 30 minutes or till a toothpick inserted near the center comes out clean. Cool in pans 10 minutes; remove from pans. Cool layers thoroughly on wire racks.

● **When cool, spread** the top of *one* cake layer with Cream Cheese Pecan Frosting. Top with another layer, frost, and top with the last layer. Frost top and sides of cake with remaining frosting. If desired, decorate cake with *edible flowers* or *pecan halves*. Keep cake chilled till serving time. Store any leftover cake, covered, in refrigerator for up to 2 days. Makes 14 servings.

Potluck tip: For easier toting, substitute a 13x9x2-inch baking pan for the three 8-inch cake pans. Bake 35 to 40 minutes or till done. Frost cool cake with *half* of a recipe of Cream Cheese Pecan Frosting. Cover cake in baking pan; pack in a cooler with ice. Return any leftover cake to cooler.

Make-ahead instructions: Wrap unfrosted cake layers in freezer wrap and freeze till needed, up to 3 months.



Thaw cake and frost before serving. ***Nutrition information per serving:*** *639 cal. (44% from fat), 32 g fat, 86 mg chol., 6 g pro., 86 g carbo., 2 g dietary fiber, 241 mg sodium. U.S. RDA: 26% vit. A, 25% thiamine, 18% riboflavin.*

CREAM CHEESE PECAN FROSTING

Rich, creamy, and delicious—

12 oz. cream cheese
6 Tbsp. margarine *or* butter
1½ tsp. vanilla
6 cups sifted powdered sugar
½ cup chopped pecans

● **In small mixer bowl beat** cream cheese, margarine or butter, and vanilla till smooth. Gradually add powdered sugar, beating till smooth. Stir in pecans. (For 13x9x2-inch cake, cut frosting ingredient amounts in half.) Makes 2 cups.

SOUTHERN PRALINES

Originally a French candy, these nutty brown sugar treats are now a southern tradition for all occasions—

2 cups packed brown sugar
¾ cup evaporated milk
2 Tbsp. butter
2 cups pecan halves

● **In a medium heavy saucepan** mix the brown sugar and evaporated milk. Cook and stir the mixture over medium heat to boiling. Clip a candy thermometer to the side of the pan.

● **Cook and stir** the candy till it reaches 234°, soft-ball stage (this should take about 10 minutes). Stir in butter and pecans. Let candy stand for 10 minutes. With a spoon, beat candy vigorously till thick but still glossy (about 3 minutes).

● **Very quickly drop candy** by spoonfuls onto foil or waxed paper. If candy becomes too stiff, stir in a few drops *hot* water. Cool. Store tightly covered. Makes about 20 pralines.

Potluck tip: To protect the candy, pack it in a large, flat storage container, placing sheets of waxed paper between the layers of candy pieces. Or, wrap candy pieces individually in small pieces of plastic wrap.

Nutrition information per praline: *177 cal. (45% from fat), 9 g fat, 6 mg chol., 1 g pro., 24 g carbo., 1 g dietary fiber, and 30 mg sodium. U.S. RDA: 10% thiamine.*

ANGEL BISCUITS

With this yeast dough, you can bake the biscuits right away or let them rise for a more yeast-roll-like texture. Even better, you can make the dough ahead—

1 pkg. active dry yeast
¼ cup warm water
5 cups all-purpose flour
⅓ cup sugar
3 tsp. baking powder
2 tsp. salt
1 tsp. baking soda
1 cup shortening
1⅓ cups buttermilk

● **In a small bowl, soften** yeast in warm water; set aside. In a large mixing bowl stir together flour, sugar, baking powder, salt, and baking soda. With a pastry cutter, cut in shortening till mixture resembles coarse crumbs; mix well. Add yeast mixture and buttermilk; stir till combined. On a floured surface knead mixture about 2 minutes or till smooth, adding more

continued on page 114



POTLUCK RECIPES

continued from page 113

flour as needed. (To make ahead, the dough may be stored, covered, in the refrigerator overnight.)

● **Roll out the dough** to a ½-inch thickness. Using a 2½-inch biscuit cutter, cut out 24 biscuits. If necessary, dip the cutter in flour between cuts. Place biscuits on an ungreased baking sheet. At this point, either bake the biscuits or, for a roll-like texture, let the biscuits rise, covered, in a warm place for 45 minutes (1 hour if dough was made ahead and chilled). Bake in a 450° oven about 8 minutes or till biscuits are light brown on the bottoms. Makes about 24 biscuits.

Potluck tip: To tote, place cooled biscuits in a sealed plastic bag or storage container. If desired, bring along jars of jam and honey to serve along with biscuits.

Nutrition information per biscuit: *188 cal. (43% from fat), 9 g fat, 0 mg chol., 3 g pro., 24 g carbo., 1 g dietary fiber, 263 mg sodium. U.S. RDA: 21% thiamine, 14% riboflavin, 12% niacin.*

SWEET ONION MARINATED BEEF EYE ROAST

For a sweeter-tasting simmered onion mixture, start with sweet onions such as Vidalia onions—

- **1 4- to 4½-lb. beef eye of round roast, trimmed of fat**
- **2 medium onions, thinly sliced and separated into rings (2 cups)**
- **½ cup dry white wine**
- **¼ cup olive oil *or* cooking oil**
- **1 Tbsp. coarse ground black pepper**
- **2 tsp. dried dillweed**
- **½ tsp. salt**
- **1 recipe Dilled Horseradish Sauce**
- **Fresh Dill Sprig (optional)**

● **Place beef roast and onions** in large nonmetal bowl. In a glass measure combine wine, oil, pepper, dillweed, and salt; pour over beef and onions. Cover bowl and marinate, in the refrigerator, about 24 hours, turning meat several times. Remove meat from marinade, reserving marinade and onions.

● **Arrange *medium-hot* coals** around a drip pan. Test for *medium* heat above the drip pan. Insert a meat thermometer into the roast. If using a rotisserie, place roast on a spit rod, securing with holding forks. Test the balance. Attach spit, turn on the motor, and lower grill hood. Let roast rotate for 1¼ to 1½ hours or till meat thermometer registers 140°. For indirect grilling, test coals over drip pan, as directed. Insert thermometer. Place roast on the grill rack over the drip pan but not over the coals. Lower grill hood. Grill roast for 1¼ to 1½ hours or till thermometer registers 140°.

● **Meanwhile,** in a 10-inch skillet heat onions and marinade to boiling. Reduce heat and simmer, covered, about 12 minutes or till onions are tender. Thinly slice the roast and serve hot with the simmered onion mixture, Dilled Horseradish Sauce, and a dill sprig. Makes 12 to 14 servings.

Dilled Horseradish Sauce: In a small bowl, stir together ⅔ cup *mayonnaise,* ⅓ cup *dairy sour cream,* 2 tablespoons *prepared horseradish,* 1 teaspoon *dried dillweed,* ⅛ teaspoon *salt,* and ⅛ teaspoon *pepper.* Cover; chill till serving time. Makes 1 cup.

Potluck tip: For picnics, prepare the simmered onions and Dilled Horseradish Sauce at home. Pack the sauce and the uncooked roast in separate storage containers in a cooler with ice. In a skillet or disposable tin heat onions through on grill before serving.

Nutrition information per serving: *362 cal. (55% from fat), 21 g fat, 105 mg chol., 37 g pro., 3 g carbo., 0 g dietary fiber, 262 mg sodium. U.S. RDA: 19% iron, 11% thiamine, 23% riboflavin, 33% niacin.*

GRILLED VEGETABLES MEDITERRANEAN

Grill this vegetable combo alongside your grilled entrée—

- **6 sun-dried tomatoes (dry packed)**
- **2 medium eggplants, (peel if desired) sliced ¾-inch thick**
- **2 medium tomatoes, halved**
- **2 medium onions, thickly sliced (½ inch)**
- **2 medium green peppers, halved and seeded**
- **¼ cup olive oil *or* cooking oil**
- **1 large clove garlic, minced**
- **3 Tbsp. red wine vinegar**
- **2 Tbsp. olive oil *or* cooking oil**
- **1 to 2 Tbsp. snipped parsley**
- **¼ tsp. salt**
- **⅛ tsp. pepper**

● **Soak sun-dried tomatoes** in boiling water for 2 minutes. Drain, finely chop, and set aside.

● **Brush cut surfaces** of sliced eggplant, halved tomatoes, sliced onions, and halved green peppers with the ¼ cup oil. Grill over *hot* coals about 5 minutes per side or till charred and cooked, turning once. Remove peel from peppers and skin tomato. Coarsely chop grilled vegetables and combine in a large bowl.

● **Stir together** sun-dried tomatoes, garlic, vinegar, the 2 tablespoons oil, parsley, salt, and pepper; mix with vegetables. Serve at room temperature. If making ahead, chill, covered. Remove from refrigerator 1 hour before serving to bring to room temperature. Makes 12 side-dish servings.

Nutrition information per serving: *94 cal. (63% from fat), 7 g fat, 0 mg chol., 1 g pro., 8 g carbo., 3 g dietary fiber, 58 mg sodium. U.S. RDA: 27% vit. C.*

SNACKS AND BEVERAGES

Along with the all the homemade foods, you'll want to include some beverages and snacks. Follow these guidelines to help you figure the quantities you'll need:

Beverages

- **1 gallon orange juice = 32 (4-oz.) servings**
- **2 gallons lemonade = 32 (8-oz.) servings**
- **2 gallons iced tea = 32 (8-oz.) servings**
- **1 8-gallon beer keg = 85 (12-oz.) servings**
- **1 pound coffee (using 1 1/2 Tbsp. per serving) = 56 (6-oz.) servings**

Snacks

- **1 16-oz. pkg. potato chips = 16 handfuls**
- **1 12-oz. pkg. cheese curls = 12 handfuls**
- **1 12-oz. pkg. pretzels = 12 handfuls**
- **1 16-oz. pkg. corn or tortilla chips = 16 handfuls**
- **1 8-oz. container sour cream dip = enough dip for 8 ounces of chips**
- **1 56-oz. container mixed nuts = 56 servings**

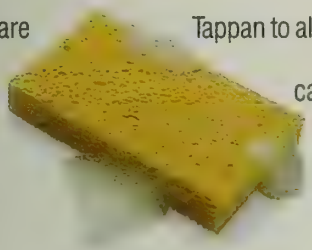


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WIN MONEY FOR YOUR RECIPES
See Page 120 For Details



PRIZE TESTED RECIPES®

GROUND MEAT SUPPERS

File under Meat
August, 1991

$200 WINNER *Ramon V. Carli, North Arlington, N.J.*

BEEF AND LENTIL CASSEROLE

In an attempt to make a nutritious and tasty meal that appealed to kids, Ramon created this winning casserole—

- **1 cup dry lentils**
- **¾ lb. lean ground beef**
- **1 cup sliced carrots (2 medium)**
- **1 cup broccoli flowerets *or* fresh cut green beans**
- **½ cup sliced fresh mushrooms**
- **1 8-oz. can stewed tomatoes**
- **4 oz. shredded mozzarella cheese (1 cup)**
- **¼ cup grated Parmesan cheese**
- **2 Tbsp. dried minced onion**
- **½ tsp. dried oregano, crushed**
- **1 medium tomato, sliced**

In a large saucepan cook lentils in 2 cups *water* for 35 minutes or till tender; drain and set aside. In a skillet brown ground beef. Drain off fat; set aside. In a saucepan cook carrots, broccoli, and mushrooms, covered, in a small amount of boiling water 5 to 10 minutes or till crisp-tender. Drain; set aside. Combine lentils, beef, vegetables, *undrained* stewed tomatoes, *half* of the mozzarella, *half* of the Parmesan, onion, oregano, and ½ teaspoon *salt.* Mix well. Spread mixture into a 12x7½x2-inch baking dish. Cover and bake in 350° oven 30 minutes. Top with sliced tomato and remaining cheeses. Bake, uncovered, 5 minutes more. Makes 4 to 6 servings.

Nutrition information per serving: *432 cal. (25% from fat), 12 g fat, 69 mg chol., 43 g pro., 41 g carbo., 10 g dietary fiber, 451 mg sodium. U.S. RDA: 41% calcium, 41% iron, 138% vit. A, 65% vit. C, 38% thiamine, 40% riboflavin, 40% niacin.*

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PRIZE TESTED RECIPES®

MICROWAVE VEGETABLE SIDE DISHES

File under Vegetables
August, 1991



$200 WINNER *Pat Hockett, Alva, Okla.*

ACORN SQUASH WITH APRICOT GLAZE

A few odds and ends in the refrigerator inspired Pat to fill fresh squash with apples and apricots, all spiced with honey and nutmeg—

- **2 medium acorn squash (1 lb. each)**
- **1 medium apple, sliced (1 cup)**
- **2 medium apricots, sliced *or* 1 peach (⅔ cup), peeled and sliced**
- **¼ cup apricot nectar**
- **2 Tbsp. honey**
- **¼ tsp. ground nutmeg**
- **2 Tbsp. margarine *or* butter**

Halve squash lengthwise; remove and discard seeds. Place squash, cut side down, in a 12x7½x2-inch microwave-safe baking dish. Microcook, uncovered, on 100% power (high) for 13 to 16 minutes or till just tender, giving dish a half-turn once. Meanwhile, in a small bowl combine apple and apricot slices, nectar, honey, and nutmeg. Turn squash over, cut side up. Spoon fruit mixture into squash cavities. Dot with margarine or butter. Micro-cook, covered with waxed paper, for 5 to 7 minutes or till fruit is hot. Sprinkle with additional nutmeg, if desired. Makes 4 servings.

Nutrition information per serving: *201 cal. (25% from fat), 6 g fat, 0 mg chol., 2 g pro., 39 g carbo., 5 g dietary fiber, 74 mg sodium. U.S. RDA: 24% vit. A, 33% vit. C, 25% thiamine, 11% niacin.*





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PRIZE TESTED RECIPES®

MICROWAVE VEGETABLE SIDE DISHES

File under Vegetables
August, 1991



$100 WINNER *Ruth Close, Glencoe, Minn.*

FRESH SPINACH TOSS

For a simple taste of elegance, toss wilted fresh spinach with sweet raisins, pine nuts, and a dusting of Parmesan cheese—

1 Tbsp. margarine *or* butter
1 Tbsp. olive oil *or* salad oil
1 clove garlic, minced
¼ tsp. salt
Dash ground red pepper
¼ cup raisins
2 Tbsp. pine nuts *or* chopped walnuts *or* pecans
12 cups torn fresh spinach (about 10 oz.)
1 Tbsp. finely shredded fresh Parmesan cheese

In a small microwave-safe bowl, cook margarine or butter on 100% power (high) for 30 to 40 seconds or till melted; set aside. In a 3-quart microwave-safe casserole combine the olive oil, garlic, salt, and red pepper. Stir in raisins and nuts. Micro-cook, covered, on 100% power (high) for 1 minute, stirring once. Add spinach. Spoon melted margarine over spinach. Toss well to coat. Micro-cook, covered, on 100% power (high) for 2 to 3 minutes or till spinach is just wilted and heated through. Sprinkle with cheese before serving. Makes 4 servings.

Nutrition information per serving: *185 cal. (54% from fat), 13 g fat, 1 mg chol., 8 g pro., 16 g carbo., 6 g dietary fiber, 324 mg sodium. U.S. RDA: 24% calcium, 32% iron, 173% vit. A, 80% vit. C, 23% thiamine, 29% riboflavin, 13% niacin.*

Buying information, page 132.

Clip along here and file punched pages in your *New Cook Book*

BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®

GROUND MEAT SUPPERS

File under Meat
August, 1991



$100 WINNER *Cynthia Davenport, Castro Valley, Calif.*

BARBECUED THAI TURKEY BUNDLES

Wrap these tasty "burgers" in cabbage or lettuce leaves for a fun finger-food meal—

1 beaten egg
½ cup coarsely chopped water chestnuts
⅓ cup fine dry bread crumbs
1 green onion, finely chopped
1 Tbsp. soy sauce
1 Tbsp. lemon juice
2 tsp. grated gingerroot
½ tsp. sugar
¼ tsp. salt
¼ tsp. chili oil *or* a dash ground red pepper
1½ lb. ground raw turkey
12 savoy cabbage leaves *or* leaf lettuce
Fresh cilantro sprigs (optional)
1 recipe Thai Dipping Sauce

In a large mixing bowl combine egg, water chestnuts, bread crumbs, green onion, soy sauce, lemon juice, gingerroot, sugar, salt, and chili oil. Add turkey; mix well. Shape into twelve 4x1½x¾-inch loaves. Grill over medium-hot coals or broil 3 inches from heat for 12 to 14 minutes or till juices run clear, turning once. Serve each loaf wrapped in a cabbage leaf or lettuce leaf. Garnish with cilantro, if desired. Pass Thai Dipping Sauce. Makes 6 main-dish servings.

Thai Dipping Sauce: In a small bowl combine ¼ cup *lemon juice,* 3 tablespoons *fish sauce,* 1 tablespoon *snipped cilantro,* 2 teaspoons *sugar,* 1 teaspoon *soy sauce,* ½ teaspoon crushed *red pepper,* and ½ teaspoon *sesame oil.*

Nutrition information per serving: *293 cal. (43% from fat), 14 g fat, 103 mg chol., 27 g pro., 16 g carbo., 2 g dietary fiber, 1,094 mg sodium. U.S. RDA: 13% iron, 12% vit. A, 50% vit. C, 12% thiamine, 21% riboflavin, 40% niacin.*

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HOT TACO RICE

1 pound ground beef
1 onion, chopped
1½ cups medium salsa
1 can (8 oz.) tomato sauce
1 chicken bouillon cube
1½ cups Original MINUTE® Rice
Garnishes: Chopped tomatoes, sour cream, shredded Cheddar cheese, tortilla chips, sliced pitted ripe olives



- Brown beef and onion in skillet. Add salsa, tomato sauce and bouillon cube. Bring to a full boil; cover, reduce heat and simmer 5 minutes.
- Meanwhile, prepare rice as directed on package. Serve beef mixture over rice; top with garnishes.

Makes 4 servings.

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Chicken Puff Pie

Heat oven to 375°F. Separate 1 (8-oz.) can Pillsbury Refrigerated Quick Crescent Dinner Rolls into 8 triangles. Place 2 triangles, one on top of the other; press slightly. Repeat with remaining dough. Place on ungreased cookie sheet. Bake 9 to 12 minutes. In large saucepan, heat 2 (10¾-oz.) cans condensed cream of chicken soup, 2 cups cooked frozen mixed vegetables, ½ cup water and ½ tsp. poultry seasoning until bubbly. Fold in 2 cans drained Hormel Chunk Chicken. Spoon hot mixture into 12x8-in. baking dish. Place triangles on mixture. Sprinkle with parsley. 4 servings.





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How would you like to win cash or new products? Just send your original recipes to our Prize Tested Recipes Contest. Each month, we ask you to send recipes that fit the two categories listed on this page. Seven months later, we feature the four top recipes on the Prize Tested Recipes pages.

HINTS TO HELP YOU GET STARTED FOR THIS MONTH'S CATEGORIES

Meatless Main Dishes

● Meals featuring beans, cheeses, eggs, nuts, and/or grains as sources of protein ● Make-ahead one-pot dinners ● Microwavable meatless entrées

Yeast Breads and Rolls

● Recipes that start from scratch or a mix ● Uniquely shaped breads ● Miniature breads for gift giving

WINNERS IN THIS ISSUE (pages 117 and 118)

$200 Winners

Ramon V. Carli, *North Arlington, N.J.*
Pat Hockett, *Alva, Okla.*

$100 Winners

Ruth Close, *Glencoe, Minn.*
Cynthia Davenport, *Castro Valley, Calif.*

Honor Roll Winners

Johanna Furstner, *Fremont, Calif.;* Kim LaJaunie, *Breaux Bridge, La.;* Estee Levin, *Shaker Heights, Ohio;* Laura Sabo, *Portland, Oreg.;* Jo Schmuckler, *Havertown, Pa.;* Celia Strebendt, *Plattsburgh, N.Y.*

CONTEST RULES

1. Contest is open to U.S. residents, except Meredith Corp. employees, its affiliates, subsidiaries, and families. **2.** With each entry, type or print your name, address, and recipe marked "March Meatless Main Dishes" or "March Yeast Breads and Rolls." Specify ingredient brands and recipe origin. **3.** Address recipes to 9203 Food Department, Better Homes and Gardens, Des Moines, IA 50336. **4.** Postmark all entries by August 31, 1991. **5.** Winners will be selected about 60 days later, then notified by mail. **6.** Entries must be original, and will be judged on creativity, taste, and practicality by BH&G® editors. **7.** Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corp. We reserve the right to adjust winning recipes. **8.** Entry constitutes permission to use winner's name and hometown name for editorial and promotional purposes.

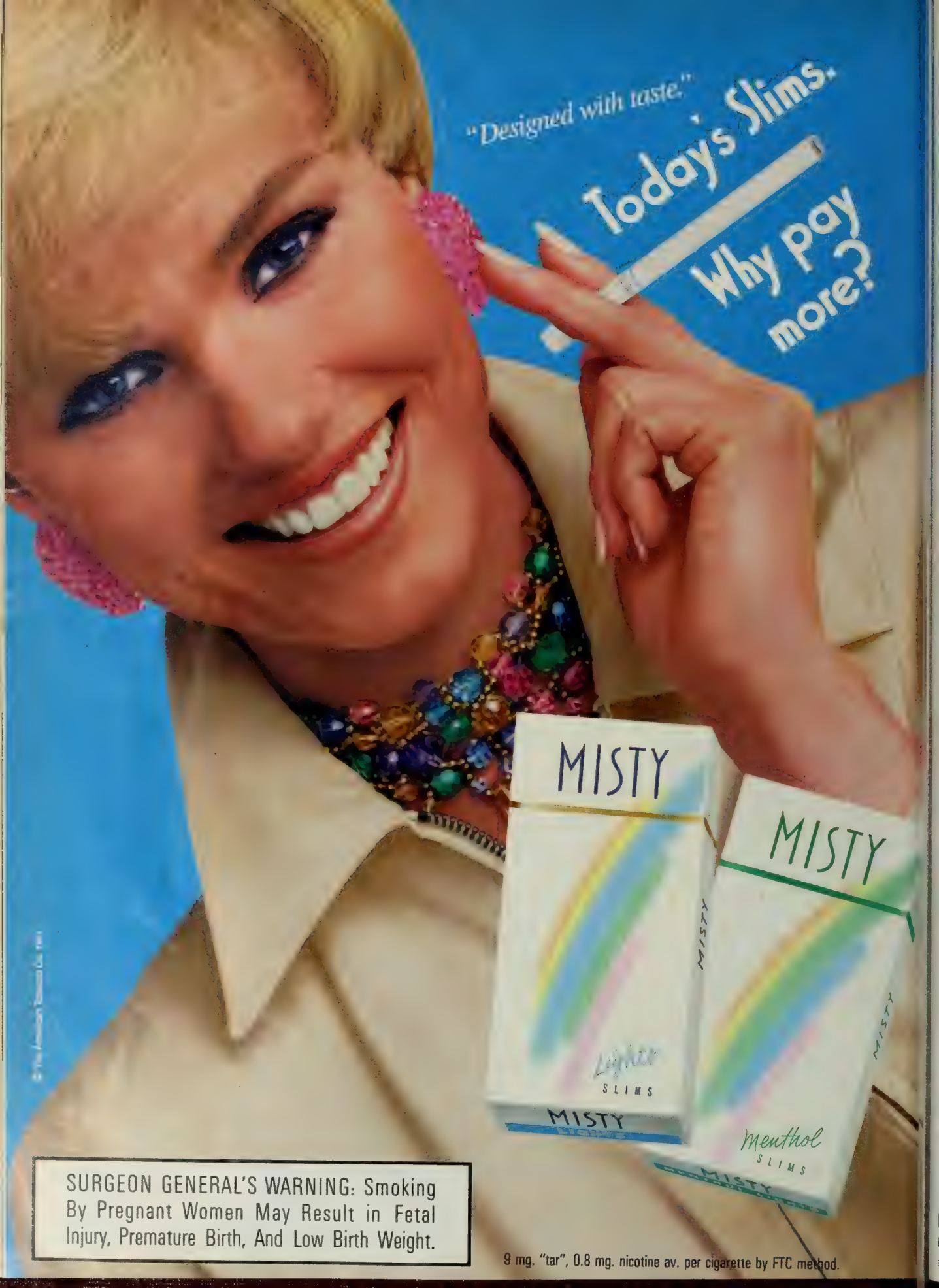


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SUMMER STAR QUILT
A sew-on-the-go coverlet



It's summertime, and the quilting is easy. Tiny diamonds and squares stitch into pinwheel-like blocks. Add a border of snow-cone brights for a quilt as fun as an amusement park ride.

PHOTOGRAPHS: RICK TAYLOR. REGIONAL EDITOR: RUTH REITER. PILLOW DESIGNS: JIL SEVERSON

The 3½-inch blocks sewn all by hand make this a perfect pass-the-time project for long car rides or relaxing on the deck. For quicker projects with the same summer-fun feel, machine-stitch the scallop border or an enlarged version of the quilt block into soft, comfy pillows.

HOW TO MAKE THE SUMMER STAR QUILT AND PILLOWS

Materials: 45-in.-wide fabric in following amounts and colors: 2¾ yd. each of blue, gold, green, pink, and red, 3¼ yd. muslin, 5 yd. backing; 15 yd. 1½-in.-wide red bias binding; 72×83-in. thin cotton quilt batting; template material.

Instructions: Finished block, 3½-in. square. Finished quilt, 70×80½ in. Unless otherwise stated, sew projects with right sides together using ¼-in. seam allowances.

continued on page 124

Buying information, page 132

SUMMER STAR QUILT

continued from page 123

Note: Quilt block pattern (*below right*) is full-size quadrant for quilt; flop along dotted lines to complete block. Enlarge border pattern (*bottom right*) to scale. Transfer pattern pieces to template material, marking sewing lines; add ¼-in. seam allowance to each piece for cutting lines. Cut along lines exactly.

Cutting: Cut 756 A (diamond) and 22 E (scallop) pieces each from blue, gold, green, and pink fabrics.

Cut 756 B (triangle) and 756 C (square) pieces each from red fabric and muslin. From remaining muslin, cut 78 D (triangle) for border.

Piecing blocks: Piecing blocks requires setting in pieces. Join pieces by sewing only on sewing line; do not sew into seam allowances.

For red blocks, sew pairs of blue and gold A pieces together along one side. Join pairs into half stars; join halves. Set red B triangle into alternate openings around star. Set red C square into corners to complete blocks. Make 189 red blocks. In same manner, make 189 blocks with muslin background and green and pink diamonds.

Piecing quilt top: Join blocks into 21 horizontal rows with 9 red and 9 muslin blocks in each row. Join rows, arranging so red and muslin blocks alternate in checkerboard. See photograph on *page 123* for detail.

For top border, join 19 E scallops and 18 D triangles into long strip, alternating colors of E pieces. Sew border to top of quilt, aligning D triangle with each block. *Note:* Border shown on *page 123* does not align as described in these instructions. Follow instructions instead of photograph.

For side border, join 22 E scallops and 21 D triangles, continuing color progression in top border. Sew border to side of quilt; sew corner seam.

Piece and sew remaining borders in same manner. *Note:* There will be a few extra pattern E pieces.

Finishing: Cut backing into 2½-yd. lengths; sew center back seam. With wrong sides to inside, layer quilt back, batting, and quilt top; baste. Outline quilt around all pieces, adding additional quilting as desired.

Cut approximately 15 yd. 1½-in.-wide bias binding from red or use purchased bias quilt binding. Machine-stitch binding to right side of quilt, pivoting at top of each scallop. *Note:* Small fold of red binding fabric will form at each pointed inner peak of red binding. Trim excess batting and quilt back; hand-finish binding to quilt back.

STAR PILLOW

Materials: 45-in.-wide cotton in following amounts and colors: ¼ yd. each of gold, blue, green, and pink, ½ yd. muslin, ⅓ yd. red; 18×18-in. square backing and batting; 2 yd. 1-in.-diameter cord; 16-in. pillow form; clear nylon and matching threads; template material.

Instructions: Finished size, approximately 16 in. square. Finished block size, 7 in. square. Unless otherwise stated, sew with right sides together using ¼-in. seam allowances.

Enlarge patterns (*below*) to scale. Transfer to template material.

From red cut 8 B, 8 C squares, and four 1¾×20-in. border strips. From muslin, cut 8 B and 8 C. From blue, gold, green, and pink, cut 8 each A.

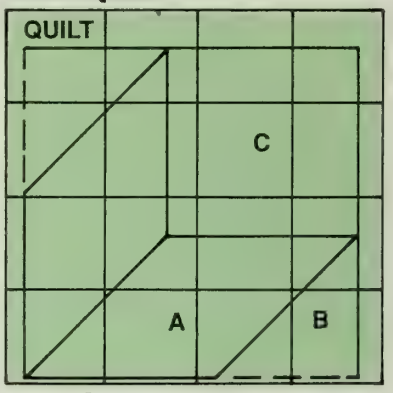
Piecing: Machine-sew each block in same manner as for quilt, making 2 muslin and 2 red blocks. Sew 4 blocks to make pillow top with red blocks diagonal to each other. Sew red borders to top and bottom; sew borders to sides, trimming as needed.

Assembly: Cut 18×18-in. muslin square. Layer top, batting, and muslin; baste together. Machine- or hand-quilt on all seams using clear thread.

Randomly join varying lengths of 3-in.-wide star colors to measure 132 in. Shirr strip to cord; sew cord to top using ½-in. seam.

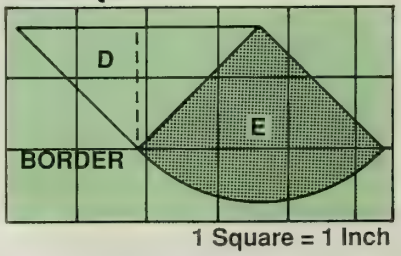
Sew back to front on 3 sides using ½-in. seam. Insert pillow form; slip-stitch opening closed.

STAR QUILT



1 Square = 1/2 Inch for Quilt
1 Square = 1 Inch for Pillow

STAR QUILT



1 Square = 1 Inch

ENVELOPE PILLOW

Materials: 45-in.-wide fabric in following amounts and colors: ¾ yd. blue stripe, 1 yd. muslin; 6×6-in. square of each of following colors: blue, gold, green, and pink; pillow form; 6×14-in. scrap muslin; 1 yd. 1½-in.-wide red binding; template plastic or cardboard.

Instructions: Finished size, approximately 12×14 in. Unless otherwise stated, sew with right sides together using ¼-in. seam allowances.

Enlarge D and E pieces (*bottom left*) to scale. Transfer to template material; make half-triangle using dotted line for 2 end pieces. Add ¼-in. seam allowance to all sides. Cut pieces exactly along cutting lines.

Cut 1 E each of blue, gold, green, and pink. Cut 3 D triangles and 2 half-triangles of muslin. With stripe running horizontally, cut flap 3½×14½ in. Cut envelope with stripe running vertically 14½×24½ in.

Piece scalloped edge according to diagram. Sew 3½-in.-wide strip to top of scalloped edge. Sew envelope piece to flap matching 14½-in. edge.

Cut 1 muslin lining same as envelope pillow piece including scalloped edge. Sew lining to stripe fabric along 3 straight edges; turn right side out. Baste scalloped edge together. Bind same as for quilt.

Fold envelope bottom edge up to flap seam with lining sides together; edgestitch each side. Make pillow form to fit.

BOLSTER PILLOW

Materials: 45-in.-wide fabric in following amounts and types: 1 yd. blue stripe, ⅝ yd. muslin, ⅛ yd. each of blue, gold, green, and pink; polyester fiberfill; 1½ yd. 1-in.-wide red ribbon.

Instructions: Finished size, approximately 7×30 in. Unless otherwise stated, sew with right sides together using ½-in. seam allowances.

For muslin bolster form, cut two 6¾-in. diameter circles and one 18×20-in. piece. Sew 18-in. ends together to form tube leaving opening in center seam for stuffing. Sew circle to each end. Stuff; slip-stich opening.

From blue stripe, cut two 21×30-in. pieces with stripe running length of bolster. Cut one 1¾×21-in. strip each of blue, gold, green, and pink. Along short end of each striped piece, sew colored strip as desired so each end has different colored edge. Sew striped pieces together along raw edges leaving opening on striped edge for turning. Turn; slip-stitch opening closed. Wrap cover around bolster; slip-stitch in place. Gather and tie ends with red ribbons.

Buying information, page 132

There is something else in the world with the same kind of softness as Northern.

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You see, our secret is that every sheet of Northern is actually two layers quilted together for a soft, cushiony feeling.

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WHAT'S RIGHT FOR OUR ENVIRONMENT?



STEVE BJORKMAN

Every choice has consequences.

Is your car heating up the planet? Is your hair spray eating through the ozone? Should you abandon disposable diapers?

If you're confused, you're not alone. Recent polls show that nearly 80 percent of us are unsure about which choices and products are right for the environment.

To put your mind at rest, we've come up with the following answers to today's environmental questions.

Q. What is the best packaging, paper or plastic?

A. Favor what you can recycle. In most cases that will be paper, but recyclable plastics show some promise—if you can and do recycle them. Paper and plastic both produce pollution in manufacturing. But paper is a renewable resource and truly biodegradable. Plastic packaging is often necessary for weight and sanitary considerations. But plastic comes from nonrenewable oil and when discarded can ensnare or endanger wildlife and litter the landscape forever. If you won't be recycling, then stick to paper.



Q. Labels on packages are confusing. How can I be sure that what I buy is environmentally safe?

A. This is a tough question because there are no agreed-upon standards. Labels such as "natural" and "nontoxic" are not defined by government or industry.

The Green Cross and Green Seal programs have recently begun to test and certify a limited range of products. Their endorsements are of some help. Otherwise, be skeptical. Read labels and research questionable products. Your library or bookstore should have consumer guides that can help you shop environmentally.

Q. Are aerosols eating a hole in the ozone layer?

A. Not in most cases. Ozone-eating chlorofluorocarbons (CFCs) were phased out of most aerosol products in 1978. Aerosols do contain propellants and solvents that can lead to ground-level smog and indoor air pollution. In Los Angeles, for example, hair spray accounts for 27 tons of emissions a day.

But we are facing a serious and growing threat to the ozone today from the CFCs leaking out of air conditioners, refrigerators, freezers, and plastic foam products. Before you junk your old refrigerator, freezer, or air conditioner, check with the manufacturer or your local utility to see if they have a CFC reclamation program. Before you tune up your auto air conditioner, find a garage or dealer that will recycle your CFC coolants.



Q. Should my baby wear cloth or disposable diapers?

A. In a perfect world we'd recommend cloth, but parenting today is hardly perfect. Disposable diapers occupy 1.5 to 2 percent of our landfill space. But cleaning cotton diapers uses a lot of water—a serious problem in drought-prone areas.

We're generally in favor of reusable resources, but 40 percent of the women with children in diapers are working women who face a full shift of cooking and cleaning at home. At the end of a 14-hour day, few of these women have the time or energy to do extra laundry.



If you can afford the time and effort, use cotton diapers. But if not, don't sweat it. Unrecycled newspapers take up seven times more landfill space than diapers, and there are (by weight) more clothes and shoes in our landfills than diapers.

continued on page 128

BY TOM JACKSON





PUT A LITTLE MORE IN YOUR POCKET...

Suppose we told you that you could save a little money while you did a little something to help the environment. Would you be interested?

We thought you might. So we created the Downy® Refill.

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AND A LITTLE LESS IN YOUR GARBAGE.

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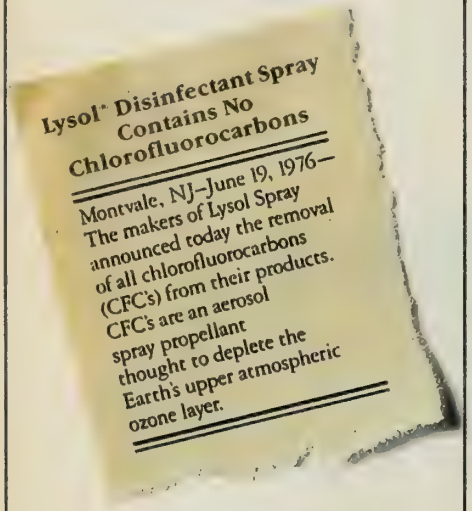
And the Refill is as easy to use as it is economical. Just pour it into a 64 ounce Downy bottle and add water. That's it. In April Fresh and SunRinse Fresh, too.

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Today Lysol Spray contains no ozone depleting ingredients.



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OUR ENVIRONMENT

Q. Is our food safe to eat?

A. Go ahead, eat. This issue may generate lots of headlines, but the scientific tests are inconclusive.



Farmers use about 5 pounds of pesticides annually for every person in the country, but most of this winds up in the soil. The trace amounts that remain on the food are further reduced by washing and cooking. Large doses of some of these chemicals have caused cancer in lab animals, and the possibility exists for some human risk, but it's one of the smallest risks we face in our lives.

You should be concerned, however, that the chemicals that don't get on your food do get into our soil and water—and little is known about what happens after that. It's doubtful we can dump such quantities of chemicals into our soil and water without eventually causing major problems.

But the best you can do now is to pay attention to what you eat. Favor local produce and natural or organically grown foods when possible. Reduced-chemical farming is gaining some popularity, and you can help by shopping and eating wisely.

Q. Should I be concerned about phosphates in the detergents I use?

A. Yes, but don't just stop at phosphates. Our homes contain hundreds of problem chemicals—solvents, paints, pesticides, and cleaners—that when dumped down the drain or into the trash can be worse than phosphates. Just 1 gallon of used motor oil, for example, can ruin a million gallons of water.

When shopping, compare labels and favor the least chemically intensive substances. For chemicals you already have, use them up, give them away, or take them to a hazardous waste facility. And if you tried low-phosphate detergents years ago and were disappointed, try again. The new formulas are much improved.

Q. Saving energy seems like a lot of work. Is it worth the effort?

A. Absolutely. Energy conservation is one of the best and easiest habits to acquire. The air pollution, global warming, acid rain, and nuclear waste that result from heating, cooling, and powering our homes are some of the worst threats to our environment and personal health.

Upgraded energy efficiency standards for appliances were phased in starting in 1990. Today's high-technology furnaces are 30 to 40 percent more efficient than those of a decade ago. Compact fluorescent light bulbs can give you light with just one-third the energy use of incandescents. There are insulating windows on the market that actually gain more heat than they lose. So get busy. Energy conservation cuts pollution, pays you back with shrinking utility bills, and makes our country and economy more secure.

Q. If carpooling and public transportation aren't available, what can I do about pollution from my car?

A. Aside from keeping your car well tuned and minimizing the number of trips you take, there isn't much you can do—in the short term. Your long-term options, however, are considerably better. Consider your two biggest purchases, your home and car.

Most people consider things other than commuting distance when purchasing a home. But even if your workplace is just a 20-minute drive from your home, you are spending the equivalent of six work weeks every year trapped behind the wheel—creating pollution and wasting time. Finding a home closer to one's work (or public transportation lines) often requires some tradeoffs, but most people don't fully consider the consequences of a long commute.

Consider also your next car purchase. There are at least a dozen cars on the market now that get nearly 40 miles to the gallon. These cars are not only a low-pollution form of transportation, but they are also a hedge against future gasoline price hikes. Another reason for trading in the old clunker is that many transportation officials now think that at least 50 percent of the pollution is generated by 10 percent of the cars. In most cases, the worst pollution comes from the oldest cars on the road.

A L A S K A

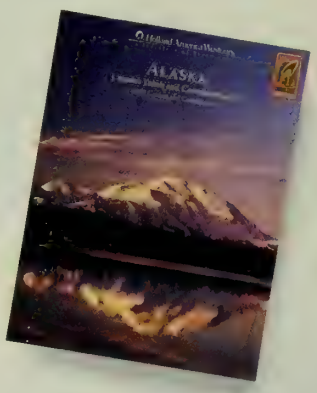


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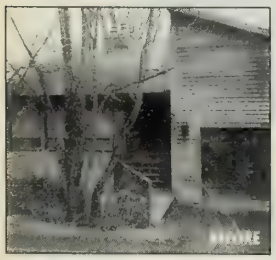
PRIVACY UP FRONT
Deck system screens and stores

You can transform your goldfish-bowl front yard into a private haven for entertainment and family with some clever screening and deck work. These homeowners reclaimed the only outdoor living space they had: a small and largely unusable front yard just a few steps from the street.

Landscape designer John Herbst, Jr., reconfigured the area with a series of clear-heart redwood decks and wide steps. The revamped front entry includes an 8×11-foot entertainment deck, a 7×6-foot entry deck, and a privacy screen/storage unit.

Herbst designed the storage unit as a space divider so deck dwellers on the entertainment deck "wouldn't feel so exposed to the world." He effected a stylish ribbed look on the sides with 1×2-inch batten strips. Touch-latch doors swing wide to accommodate garden tools, deck furniture, and toys.

Japanese maples thrive in the planter that crowns the multipurpose shed. Holes bored in the bottom of a removable metal liner allow draining of excess water with a garden hose. Drip irrigation supplies water when Mother Nature is stingy.



BEFORE: The tiny "builder" deck offered no outdoor living space.

AFTER: The new, warm, wooden deck welcomes guests but shelters family privacy.





The sculpted storage shed directs traffic to the front door and shields the family deck from street hubbub.



The deck side of the shed keeps extra chairs, outdoor toys, and barbecue equipment handy to the entertainment deck.

Photographs: Stephen Cridland. Landscape architect: John Herbst, Jr. Regional editor: Cathy Howard

To order Project Plan No. 50906 for the deck, fence, and storage unit, send check or money order for $8.95 to: Better Homes and Gardens® Reader Service, Dept. 22P, Box 374, Des Moines, IA 50336.

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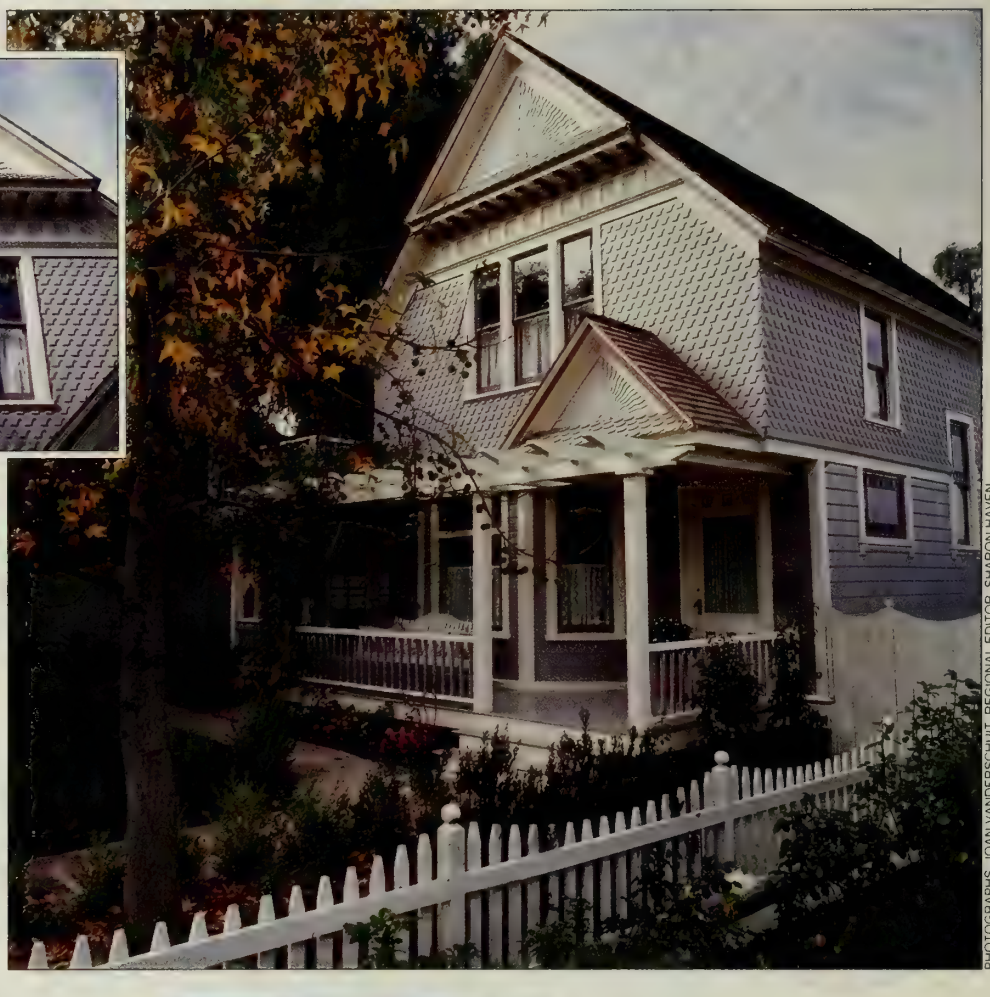
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FABULOUS FACE-LIFTS: REPAINTING A LADY





Old-fashioned craftsmanship and details were rescued from under layers of paint. Now, cheerful colors and a white picket fence put the home's best face forward.

PHOTOGRAPHS: JOAN VANDERSCHUIT. REGIONAL EDITOR: SHARON HAVEN

Victorian-style homes are exuberantly bold and colorful. But without tender loving upkeep on the exterior, these painted ladies can turn sad and bedraggled.

In this splinters-to-splendor story, a new homeowner brought in paint and carpentry crews to rescue a genuine turn-of-the-century classic.

Fortunately, the details on this exterior, however weather-beaten, were mostly intact. The shingle siding with its distinctive cutout pattern needed only cleaning and repainting. Twelve layers of paint were removed using chemicals, heat guns, and a propane torch. Enough of the porch woodwork remained that the carpenters were able to make exact replacements for the missing or rotten pieces.



BEFORE: Peeling paint and rotting trim hid a house of great spirit and style.

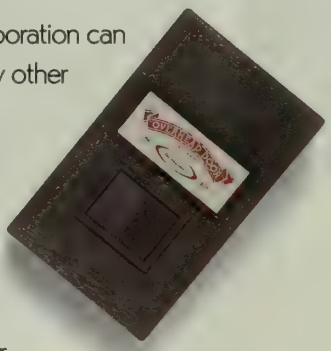
The new lavender paint has a cool, modern hue, yet fits right in with the bright colors used on Victorian exteriors. Also true to the period style is the three-color detailing—lavender field, white trim, and ruby accents.

A rebuilt front porch and trellis, a freshly painted front door, and a brick walkway greet visitors with eminently distinctive details. In keeping with the formal style of the house, a low, white picket fence and new landscaping neatly define the front yard. The fence and greenery also help to distance the home from the street, without blocking the view.



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 BY MICHELLE TIBODEAU

CREATING A PLAYFUL PLACE TO WORK



▲ **Strong colors, a comfy bench, and a storage area that doubles as a desk invite kids to work and play.**

▶ **Private yet spacious, this user-friendly homework nook began life as a closet.**

All work and no play makes homework areas dull, dull, dull. To create a workplace your kids will enjoy—not avoid—borrow ideas from this spot. It combines work *and* play in a tiny out-of-the-way space.

Revitalize a weary nook with color. This landing—with only one tiny window to brighten it—was overlooked and undervalued. Attention-getting yellow and red (set against black and gray) brought it to life.

Build in a spot for dual-purpose uses. Here, a wall-hugging, L-shape banquette welcomes reading, relaxing, or playing games. Lift the seats for wells of storage. Cushions with bright geometric patterns jazz up the bench and make it work like a sectional sofa.

Convert a closet for your computer-age kids. This closet lost its doors and two shelves. Presto chango, it's a desk and bookshelf combo housing a computer, printer, and discs, as well as books, games, and trophies.

Add fun features. Boxing in unused space below the dormer window gives a finned friend an aquarium with a view. Kitchen organizers—the grid on the wall and stackable baskets—are reissued as high-tech office supplies.

PHOTOGRAPHS: TIM FIELDS DESIGN: MADDY BLUMBERG AND CAROL BUTLER REGIONAL EDITOR: EILEEN A. DEYMIER

Living well within your means.

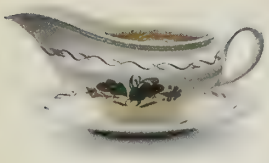


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1 pkg. (about 1¼ lb.) TURKEY STORE™ Fresh Ground Turkey
2 tbsp. cornmeal
1 tbsp. lime juice
1 egg white
2 tsp. cumin (optional)
2 tsp. chili powder
½ tsp. salt (optional)
¼ tsp. pepper
1 jalapeño pepper, seeded, finely chopped
1 tbsp. vegetable oil
1 c. frozen whole kernel corn, cooked, drained
½ to ¾ c. salsa or picante sauce

In medium bowl, combine ground turkey, cornmeal, lime juice, egg white, cumin, chili powder, salt, pepper and jalapeño pepper. Mix together lightly; shape into 5 patties. Heat oil in 10-inch skillet over medium-high heat until oil sizzles, about 1 minute. Place patties in pan. Cook about 3 to 5 minutes on *each* side or until patties are no longer pink in center. Meanwhile, in small saucepan, combine and heat corn and salsa. Serve with turkey burgers. If desired, serve hot cornbread on the side. 5 servings.

Nutrition Information Per Serving (1/5 of recipe)—Calories 255, Protein 26 g, Carbohydrate 11 g, Fat 13 g, Cholesterol 76 mg, Sodium 513 mg.

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SHOPPING

BUYING GUIDE

Most of the products shown editorially in *Better Homes and Gardens*® magazine can be obtained locally. For more information, write the manufacturers listed. Some privately owned or custom-made items are omitted from the product listing.

ON THE COVER: SUMMERTIME QUILT

Pages 123–124: Wicker settee, chair, birdcage, wooden cupboard—Heirloom Wicker & Pine, 709 Miami Circle, Atlanta, GA 30324. **Pitcher with flowers**—Pier 1, 301 Commerce, Ste. 600, Ft. Worth, TX 76102. **Mug, plates, cup and saucer**—Raul da Bernarda, Erika Reade, Ltd., 3718 Roswell Rd., NW, Atlanta, GA 30342. **Napkin**—Liz Wain, Fragile, 175-D, Mt. Vernon Highway, Atlanta, GA 30328.

WATER GARDENS

Pages 19–26: Water garden plants and supplies—S. Scherer & Sons, 104 Waterside Rd., Northport, NY 11768.

HOME OF THE YEAR

Page 47: Plywood exterior—American Plywood Assn., P.O. Box 1170, Tacoma, WA 98466. **Exterior doors and windows**—Andersen Corp., P.O. Box 12, Bayport, MN 55003. **Paint througout story**—Sherwin-Williams Co., 101 Prospect Ave., NW, Cleveland, OH 44115. **Redwood porch, trellis**—Louisiana-Pacific Corp., 111 SW. 5th Ave., Portland, OR 97201. **Pages 48–49: Plywood exterior**—American Plywood Assn., (address above). **Windows**—Andersen Corp. (address above). **Exterior French doors**—Therma-Tru Corp., 1684 Woodlands Dr., No. 150, Maumee, OH 43537. **Plants**—Hines Nursery, Western Garden Center, 9201 S. 1300, E, Sandy, UT 84070.

Pages 50–51: Sofas, leather chair, oak tables—Pennsylvania House, 137 N. 10th St., Lewisburg, PA 17837. **Lamps, fireplace tools**—Stone County Ironworks, HC73, Box 427, Mountain View, AR 72560. **Cabinets**—Wood-Mode Cabinetry, Kreamer, PA 17833. **Clay sculpture on mantel**—Pam Dennis, RR 1, Box 34, Ogden, IA 50212. **Wood sculpture on table**—Sarah Grant Hutchison, 2923 SW. 30th St., Des Moines, IA 50321. **Fossil rock**—From The Earth, 8431A Washington St., NE, Albuquerque, NM 87113. **Baskets**—Appleyard Art, 33096 Highland Dr., Salt Lake City, UT 84106. **Blanket**—Pendleton Woolen Mills, 218 SW. Jefferson St., Portland, OR 97201. **Pleated shades**—Hunter Douglas Duette Window Fashions, 1 Duette Way, Broomfield, CO 80020. **Windows**—Andersen Corp. (address above). **Tile surrounds**—Terra Designs, 241 E. Blackwell St., Dover, NJ 07801. **Oak floor**—Missouri Hardwood Flooring Co., 114 N. Gay Ave., St. Louis, MO 63105. **Stairway handrails**—Huetter Mill and Cabinet Co., 5805 S. State St., Murray, UT 84107. **Fireplace**—Superior Fireplace Co., 4325 Artesia Ave., Fullerton, CA 92633. (***Right***): **Chandelier,** "8014 Merns"—George Kovacs Lighting, 330 E. 59th St., New York, NY 10022. **Carpet,** "Bias"—Pebbles, Berber Weave Collection, Du Pont Stainmaster Luxura by Karastan; 800/438-7668. **Study doors**—Peachtree Windows & Doors, P.O. Box 5700, Norcross, GA 30091; 800/543-1180. **Beveled glass entry door**—Therma-Tru Corp. (address above). **Windows**—Andersen Corp. (address above).

Pages 52–53: Table, side chairs, leather chair, sofa table—Pennsylvania House (address above). **Dining room chandelier,** "8013 Merns"—George Kovacs Lighting (address above). **Cabinets, kitchen light fixture**—Wood-Mode Cabinetry (address above). **Appliances**—Whirlpool Corp., 2000 US 33 North, Benton Harbor, MI 49022; 800/253-1301. **Sinks, faucets**—Kohler Co., Kohler, WI 53044. **Ceramic tile**—American Olean Tile Co., 1000 Cannon Ave., Lansdale, PA 19446. **Dinnerware,** "Yo-Han"—Lindt-Stymeist, 6231 Hollis St., Emeryville, CA 94608. **Oak floor**—Missouri Hardwood Flooring Co. (address above). **Exterior door, windows**—Andersen Corp., P.O. Box 12, Bayport, MN 55003.

Pages 54–55: Cabinets—Wood-Mode Cabinetry (address above). **Tub, sink, faucets**—Kohler Co. (address above). **Ceramic tile**—American Olean Tile Co. (address above). **Redwood deck, railings**—Louisiana-Pacific Corp. (address above). **Exterior French doors, windows**—Andersen Corp. (address above). **Bed, nightstands, armoire, wicker furniture, oak table, lamp**—Pennsylvania House (address above). **Matching lamps**—Stone County Ironworks (address above). **Carpet**—Du Pont Stainmaster Luxura by Karastan (address above). **Bedside rug**—Southwest Connection, 3112 Dona Ana, Carlsbad, NM 88220. **Picture frames**—Exposures, 70 S. Main St., Suite 300, S. Norwalk, CT 06854. **Bed linens, white Kennebunk throw, Anichini bed cover, shams**—Bella Linea Fine Linens & Down, 73 White Bridge Rd., #104, Nashville, TN 37205. **Pleated shades**—Hunter Douglas (address above). **Mattresses**—Serta Perfect Sleeper, 2800 River Rd., Des Plaines, IL 60018. **Peg-Board, hanger**—Shaker Workshops, P.O. Box 1028, Concord, MA 01742.

Pages 56–57 (*top*): Lamps, butterfly chair—JCPenney Co., Inc., P.O. Box 659000, Dallas, TX 75265-9000. **Futons, frames, paper window shades**—Pier 1 Imports, P.O. Box 961020, Fort Worth, TX 76161-0020. **Floor tile**—NAFCO, P.O. Box 354, Florence, AL 35631. **Windows**—Andersen Corp. (address above). **Drum set**—Remco, 1107 Broadway, Suite 808, New York, NY 10010. **Keyboard, microphone**—Fisher-Price, Div. of Quaker Oats Co., 636 Girard Ave., East Aurora, NY 14052-1885. **Retaining wall**—Keystone Retaining Wall Systems, 3443 S. State St., Murray, UT 84107. **(*Bottom*): Butterfly chairs, paper clip lamp**—JCPenney Co., Inc. (address above). **Flokati rug**—Peerless Imported Rugs, 3033 N. Lincoln Ave., Chicago, IL 60657; 800/621-1244. **Screen**—Pier 1 Imports (address above). **Television, radio**—Sony Corp. of America, Sony Dr., Park Ridge, NJ 07656. **Nintendo**—Nintendo of America, Inc., 4820 150th Ave., NE, Redmond, WA 98052-5111. **Nintendo games**—Capcom U.S.A., Inc., 3303 Scott Blvd., Santa Clara, CA 95054; Hi Tech Expressions, 584 Broadway, New York, NY 10012; Acclaim, LJN Ltd., 71 Audrey Ave., Oyster Bay, NJ 11771. **(*Center*): Wing chair, wicker chair, ottoman, side tables**—Pennsylvania House (address above). **Lamps**—Stone County Ironworks (address above). **Pleated shades**—Hunter Douglas (address above). **Pillows**—C.V. Collins Assoc., P.O. Box 822, Old Lyme, CT 06371. **Blanket**—Pendleton Woolen Mills (address above). **Wood sculptures**—Sarah Grant Hutchinson (address above). **Oak floor**—Missouri Hardwood Flooring Co., 114 N. Gay Ave., St. Louis, MO 63105. **Windows, French doors**—Andersen Corp., P.O. Box 12, Bayport, MN 55003. **Framed textiles, woven baskets**—Appleyard Art, 33096 Highland Dr., Salt Lake City, UT 84106.

Page 58: (*Top right*): Floor registers—Grillworks, Inc., P.O. Box 343, Spring Park, MN 55384; 800/347-4745. **(*Center left*): Parallam beams**—MacMillan Bloedel Ltd., 1175 Derwent Way, Annacis Island, B.C., V3M5R1, Canada. **(*Center right*): Carpet**—Du Pont Stainmaster Luxura by Karastan (address above). **(*Lower left*): Wireform track lights**—Juno Lighting, Inc., 2001 S. Mt. Prospect Rd., P.O. Box 1308, Des Plaines, IL 60018.

Page 62: Home security system—Honeywell, Inc., Residential Div., 1985 Douglas Dr., Golden Valley, MN 55422. **Closet organizers**—Stanley Hardware, Div. of Stanley Works, 195 Lake St., New Britian, CT 06050. **Heating, air conditioning**—Lennox Ind. Inc., 4098 Lindberg Dr., Addison, TX 75244. **Interior doors,** "Coventry"—Masonite Corp., One South Wacker Dr., Chicago, IL 60606. **Couturelite portrait toilets, home generator**—Kohler Co. (address above). **Insulation, ductboard**—Owens-Corning Fiberglas, Fiberglas Tower, Toledo, OH 43659; 800/ROOFOCF. **APA Code Plus**—American Plywood Assn. (address above).

DECORATING FOR THE SIMPLE LIFE

Page 73: Windows—Pella/Rolscreen Co., 102 Main St., Pella, IA 50219. **Lace runner**—Hearts & Flowers, The Cove Shopping Center, Tiburon, CA 94920.

Pages 74–75: Sofa, chair—Krause's Sofa Factory, 200 N. Berry St., Brea, CA 92621; 800/777-4653 X150. **Wicker coffee table, end table, chair, rattan chairs**—Palecek, P.O. Box 225,

continued on page 134



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Station A, Richmond, CA 94808. **Windows**—Pella/Rolscreen Co. (address above). **Lamp, pitcher, wreath, dried flowers**—Hearts & Flowers (address above).

Pages 76–77: Windows—Pella/Rolscreen Co. (address above). **Wicker, rattan furniture**—Palecek (address above). **Lamp, pitcher**—Hearts & Flowers (address above).

Pages 78–79: Windows—Pella/Rolscreen Co. (address above). **Wreath**—Hearts & Flowers (address above). **Wicker, rattan furniture**—Palecek (address above).

Page 80: Countertop—Formica Corp., 10155 Redding Rd., Evendale, OH 45241; 1/800/FORMICA. **Window blinds**—Levolor Lorentzen, Inc., 1 Upper Pond Rd., Parsippany, NJ 07054.

BEST LOVED POTLUCK RECIPES IN AMERICA

Pages 88–89 (*left*): Plate and terra-cotta bowls—The Pottery Barn, Mail Order Dept., P.O. Box 7044, San Francisco, CA 94120-7044. **Gourd casseroles and runner**—Bazaar Del Mundo, 2750 Calhoun St., San Diego, CA 92110. **Napkin**—Williams-Sonoma, 100 North Point St., San Francisco, CA 94133. (***Right***): **Terra-cotta platter**—The Pottery Barn (address above). **Napkin**—Bazaar Del Mundo (address above).

Pages 90–91 (*top left*): Flower Pitcher—Pier 1 Imports, P.O. Box 961020, Fort Worth, TX 76161-0020. **White oval dish**—The Pottery Barn (address above). **Flower-rimmed platter, white tart dish, and tablecloth**—Williams-Sonoma (address above). (***Bottom left***): **Speckled casserole**—Country Downs, 1302 Camino Del Mar, Del Mar, CA 92014. **Antique photos**—Antique Crossroads, 23 D St., Encinitas, CA 92024. (***Top right***): **Casserole**—Arabia, Designor, Inc., P.O. Box 424, New Canaan, CT 06840. **Platter**—Country Downs (address above).

Pages 92–93 (*left*): Plates—Victoria and Richard McKenzie-Childs, Ltd., P.O. Box 308, Aurora, NY 13026-0308. **Glass**—Pier 1 Imports (address above). (***Top right***): **Platter with bowl**—Bazaar Del Mundo (address above). (***Bottom right***): **Napkin**—Silver Skillet, 2690 Via De La Valle, Del Mar, CA 92012.

Pages 94–95 (*left*): Cake platter—Bazaar Del Mundo (address above). **Flower pitcher**—Country Downs (address above). **Tablecloth**—Le Jacquard Francais, available at Country Downs (address above). (***Right***): **Flower pitcher**—Pier 1 Imports (address above). **Pedestal cake plate**—Williams-Sonoma (address above). **Antique napkin**—Antique Crossroads (address above).

Page 96: Silverware, Rogers Bros.—available at Robinson's, 600 West Seventh St., Los Angeles, CA 90017. **Napkin**—by Louis Nichole, available at Robinson's (address above).

PRIZE TESTED RECIPES®

Page 117 (*left*): Blue and white plate, "Amsterdam"—Thomas, 66-26 Metropolitan Ave., Middle Village, NY 11379. (***Right***): **Baking dish**—The Hall China Co., East Liverpool, OH 43920. **Glass**—Libbey Glass, Incorporated, P.O. Box 919, Toledo, OH 43693. **Fork**—Yamazaki Tableware, Incorporated, 150 North St., Teterboro, NJ 07608.

DIRECTORY
OF ARCHITECTS, DESIGNERS

WATER GARDENS

Page 22–23: Designer—Frank Brzezinski, Landscaped Environments, Inc., 611 Mass Ave., Boxborough, MA 01719.

HOME OF THE YEAR

Pages 47–62: Architect—Gregory S. Hackworth, 1632 167th Ave., NE, Bellevue, WA 98008. **Builder**—Great Habitat Homes, 9176 South 300, W, No. 15, Sandy, UT 84070. **Project co-sponsors**—American Plywood Association, P.O. Box 11700, Tacoma, WA 98411. American Wood Council, 1250 Connecticut Ave., NW, Washington, DC 20036. **Landscape architect**—Douglas Balls, Western Garden Center, 9201 S. 1300, E, Sandy, UT 84070.

DECORATING FOR THE SIMPLE LIFE

Pages 73–80: Designer—Peggy O'Neill, Hearts & Flowers, The Cove Shopping Center, Tiburon, CA 94920. **Architects**—Peter Berg and Mary Roy, 1915 Mar East, Tiburon, CA 94920.

How much Tabasco® sauce does it take to make your taco salad bite back?

It's all contingent on your spirit of adventure. For a nibble, try four or five drops in the pan when you cook



the ground beef. For more of a bite, add a couple of drops right on the taco salad, too.

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0.5% UV transmission	26% UV transmission	31% UV transmission	37% UV transmission

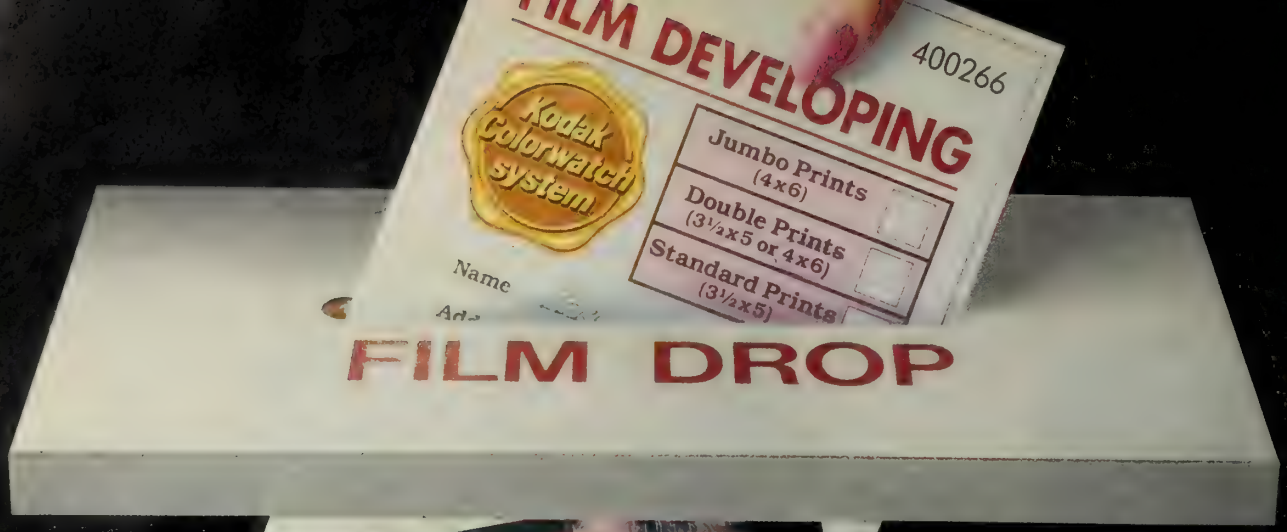


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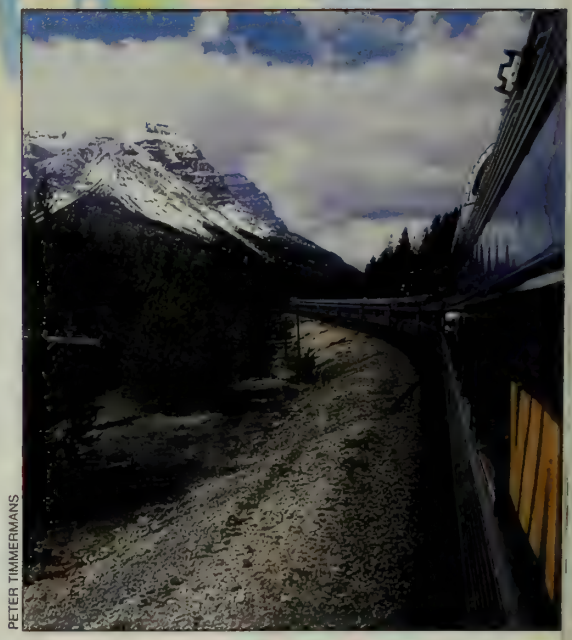


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CANADA'S GREAT TRAIN ADVENTURE

BY LOIS ANNE NAYLOR



PETER TIMMERMANS

VIA rounds a curve in the Canadian Rockies.



PETER TIMMERMANS

Nothing beats the train's observation car, with its domed windows, for views.

You'll experience the romance of the rails on this coast-to-coast tour of Canada. We take you from Halifax to Vancouver, visiting some of the nation's finest cities, and giving you an intimate view of the spectacular Canadian Rockies. There are surprises, too—hotels that look like castles, and the world's largest mall.

Canada's Great Train Adventure

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ROMANCE AND RELAXATION

For more than a century, riding the rails in Canada has been considered one of North America's premier travel experiences. Constantly changing panoramas unfold as you speed from the Atlantic to the Pacific across the world's second-largest country. Solitary cabins and forested hillsides in the Maritime provinces give way to skyscrapers and stately government buildings in the Corridor, an area of vibrant cities. The woods and limitless plains of the heartland end in Canada's pièce de résistance—the Rockies.

Trains work well for families—kids can move about safely; you can eat, sleep, be merry, and stay on schedule; strangers become friends; there's no traffic; and you arrive rested.

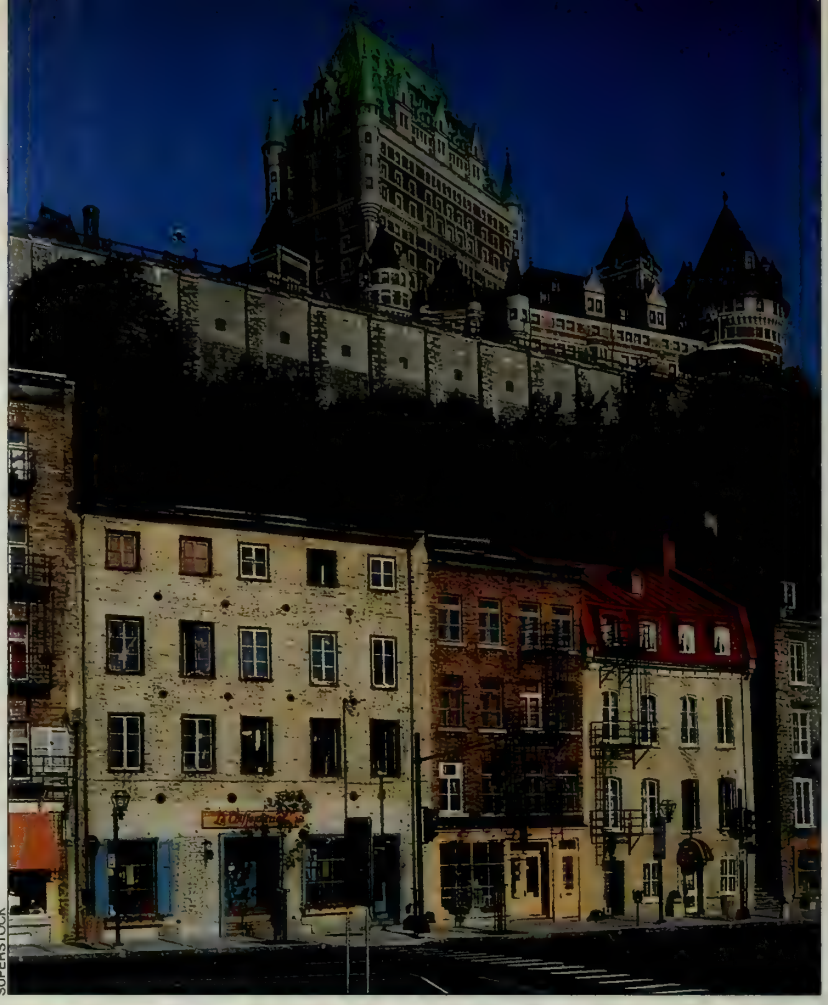
COAST-TO-COAST LOGISTICS

You may have heard that you can no longer ride the rails from one Canadian shore to the other. Don't believe it. True, since VIA Rail, Canada's Amtrak equivalent, cut service, you must take three trains—boarding in Halifax, Montreal, and Toronto—to arrive at Vancouver in the west.



SUPERSTOCK

The needle-shaped CN Tower distinguishes Toronto's modern skyline.



SUPERSTOCK

Fortified Quebec City and the Château Frontenac rest on Royal Place's cafés and shops.

But, even in the old system, you had to go on two trains—the *Atlantic* in the east and the *Canadian* in the west.

Besides fewer departures, the biggest change with VIA's truncated service is that the *Canadian,* which you pick up in Toronto, now uses Edmonton as its gateway to the Rockies, instead of Calgary. You can still travel that scenic southern segment on *Rocky Mountaineer* Railtours, May 26 to October 10, (see *page 146).*

On a transcontinental trip, you leave Halifax, Nova Scotia, at 1 p.m. on Monday, and pull into Vancouver, British Columbia, at 8 a.m. that Saturday. The most strenuous part of this 3,895-mile adventure across eight provinces is setting your watch back—five times. Coach fare: $425. Add $192–$265 section; $315 roomette; $655 bedroom; or $935 drawing room. (All prices based on the currency conversion rate at press time.)

Trekking by train soothes the soul. Come aboard as we forge the iron road from one end of Canada to the other, with stops along the way.

THE ATLANTIC

Halifax, Nova Scotia. Your trans-Canadian odyssey begins in Halifax. The largest city in the Maritime provinces, Halifax has the world's second biggest harbor, so its waterfront pulses with activity. At the popular Historic Properties, sample lobster and salmon, tour the *Bluenose II,* or take a cruise. A cannon at the Citadel, a hilltop fortress, booms each noon.

Nova Scotia Tourism, Dept. BHG, 136 Commercial St., Portland, ME 04101; 800/341-6096.

ALL ABOARD

Soon after you board, you'll discover two of the pleasures of train travel. Unlike in a car or plane, you can move

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89% of kids would like to spend more time with their parents.

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Ever wonder where we'd be if history had been herstory?
VIRGINIA SLIMS
YOU'VE COME A LONG WAY, BABY
SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.
9 mg "tar," 0.7 mg nicotine av. per cigarette by FTC method

Canada's Great Train Adventure

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about freely, and passengers tend to be friendly. For solitude, bury your head in a book or doze.

Coach means you'll have a comfortable seat, although it will seem less comfortable in the middle of the night. Sections convert to upper and lower berths with heavy curtains, much like what you see in old movies. Roomettes for one, bedrooms that hold two, and drawing rooms with beds for four all have private facilities—picture the size of airline restrooms. The roomette's toilet doubles as a footstool.

You can spend the whole trip in your assigned accommodations, but you'll find the best views in the dome car. Put your feet up and revel in the changing scenery. Boats sailing Halifax's harbor, grazing sheep and cattle, marshes, and forested hillsides flash in and out of sight. This is what train travel is all about.

Right now luck determines whether you ride in a somewhat shoddy car or a refurbished one with a shower in each sleeping car and etched glass and leather appointments. VIA expects to finish upgrading its equipment by 1992 on the western transcontinental route and by 1993 on the eastern segment. Traveling on VIA will be more luxurious, but expect a price hike.

THE CITIES CORRIDOR

For a lively alternative to a cross-country sojourn, concentrate on four cities—Quebec, Montreal, Ottawa, and Toronto ($80 coach, $126 first class). You have the most schedule options in the populous Corridor. On the transcontinental trip, you can detour to Quebec City and Ottawa.

You scoot between cities on an LRC train. LRC stands for light, rapid, and comfortable, a fitting description for these streamlined coaches used by businesspeople and folks going to town for the day.

QUEBEC CITY, QUEBEC

From Halifax, you pull into Lévis, on the wrong side of the St. Lawrence River from Quebec City, at 4:45 a.m. The mournful sound of the train abandoning you at the station will tempt you to hop in a cab. Hold firm, if you can handle your own bags, and wait for the much cheaper 6 a.m. ferry. Your reward: a rose-colored-glasses view of dawn backlighting Quebec.

From the ferry, you can see that Quebec is a split-level city. Beige brick buildings cram the river-level home of Quebec's first settlers. Majestic government edifices grace the higher elevation. Reigning over all is the turreted Château Frontenac hotel.

You may feel disoriented, as if you had ridden the train to France, but Quebec's Frenchness is part of its charm. Immerse yourself in the foreign culture while you walk the walled city's narrow, time-worn streets.

Quebec City Region Tourism and Convention Bureau, 399 St. Joseph E., Dept. BHG, Quebec, PQ, Canada G1K 8E2; 418/522-3511.

MONTREAL, QUEBEC

Montreal is Quebec City's bigger, lustier, more worldly sibling. Like New York, Montreal developed on an island, and, like Paris, it sets the fashion standards for its nation. But Montreal's joie de vivre defies comparison.

St. Catherine Street, a shopper's Shangri-la, draws Montrealers day

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SUPERSTOCK

The Railroad Hotels

An elegant tradition. **For a nostalgic, first-class train experience, book yourself into a Canadian Pacific (CP) Hotels & Resorts property for at least one night. This is not budget travel, but the savvy vacationer knows when to splurge. Just look for a European-style château or the stateliest, most impressive nongovernmental building in town, and chances are it will be one of the classic railroad hostelries.**

The Château Frontenac symbolizes Quebec City, dominating the skyline with its copper towers and spires.

Honors for easiest access to a CP hotel go to the Queen Elizabeth in Montreal, where you just climb the stairs from the train station in the underground city to the check-in desk. Runnerup: The Royal York in Toronto, where the porter navigates your bags across the street from the station.

Ottawa's imposing Château Laurier blends in with nearby parliament buildings from its position overlooking Rideau Canal. Nobility prefers it.

For the most scenic walking trails, head for Alberta's Jasper Park Lodge—beware of elk—and Château Lake Louise—look for beaver, porcupines, and mountain goats.

Instead of one stately building, the Jasper Park Lodge offers cottages in a postcard-perfect setting.

Two CP hotels in the Rockies are so breathtakingly situated that you may lose sleep trying to take it all in. Evergreens and mountains surround the baronial Banff Springs Hotel, while Château Lake Louise looks like a fairy-tale castle sitting on a placid lake and embraced by snowcapped mountains.

How-tos: **Reserve in advance. Ask about seasonal rates and weekend packages. Check with tour operators for discounts. $88–$199 and up.** ***800/828-7447; 800/268-9411, Canada.***

Canada's Great Train Adventure

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and night, and an entire underground city of shops, restaurants, and theaters stretches for miles. The world's second-largest French-speaking city can seduce you into losing track of time at a sidewalk café. For great views, go up Olympic Park's inclined tower above the Expos' stadium, or to Mont Royal Park. The Botanical Garden is outstanding, the Insectarium unique.

Greater Montreal Convention and Tourism Bureau, 1555 Peel St., Suite 600, Dept. BHG, Montreal, PQ, Canada H3A 1X6; 514/844-5400.

OTTAWA, ONTARIO

Canada's capital is a paradox. The impressive city presided over by imperial, copper-domed parliament buildings is populated by fun-loving folks. During warm weather, they bike on paths around the city, and boat on Rideau Canal and Dows Lake. Rentals mean you can join them. It's almost worth taking the train in winter to watch residents, briefcases in hand, ice skate to work along the frozen canal.

The National Gallery of Canada, itself a stunning work of art on a promontory above the Ottawa River, showcases Canadian treasures. In Hull, across the river, you'll find the Canadian Museum of Civilization. Post yourself at Parliament Hill for the changing of the guard at 10 a.m.

Ottawa Tourism and Convention, 111 Lisgar St., 2nd Flr., BHG, Ottawa, ON, Canada K2P 2L7; 613/237-5150.

TORONTO, ONTARIO

Canada's largest city is also its high-tech and financial capital. But Toronto is saved from being just another pretty, big place by Harbourfront's marinas and renovated warehouses, a smorgasbord of ethnic neighborhoods, hundreds of parks, and a strong theater community.

Distinct from all the skyscrapers, you'll see the CN (Canadian National) Tower, the world's tallest free-standing structure. You can savor the view from its revolving restaurant, and watch the Blue Jays play nearby.

Three miles of subterranean delights, including 1,000 stores, fill Toronto's underground city. The Royal Ontario Museum showcases Canada's largest collection of art. Spread over three artifical islands, Ontario Place's amusement complex draws all ages. The top-notch zoo has 4,000 animals.

Metro Toronto Visitors Assoc., Dept. BHG, P.O. Box 126, Toronto, ON, Canada M5J 1A7; 800/363-1990.

CANADA'S HEARTLAND

Board the *Canadian* in Toronto, then pull out your novel for the long haul to Edmonton. Nothing brings home Canada's tremendous size more dramatically than this 2,011-mile endeavor. Leaving at 11:30 Tuesday night, you arrive in Edmonton at 6:30 Friday morning, having crossed the breadth of Ontario in a 32-hour marathon, then traversing Manitoba, Saskatchewan, and half of Alberta.

From Toronto to Sudbury, you skirt Georgian Bay. Ontario's lakes and woods glide by your windows

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Shopping—and A Whole Lot More

The world's largest mall. **Shop till you drop takes on a new meaning at the West Edmonton Mall in Edmonton, Alberta. The world's largest mall not only overwhelms you with 800 stores and services, it also features a hotel, so you can rest and fortify yourself for another go at the myriad attractions.**

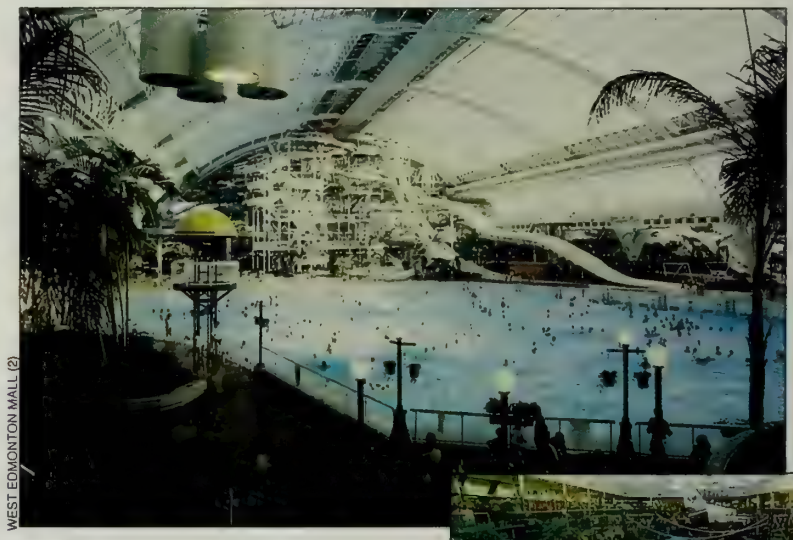
One-third of the rooms at the Fantasyland Hotel revolve around themes, ranging from Polynesian to Hollywood. Miss the train? Then spend the night in the Canadian Rail Room, complete with upper and lower berths for the kids, a domed sitting area, and a hot tub ($162 and up).

At the Fantasyland Theme Park ($16.85), you can ride the triple loop Mindbender roller coaster, and free-fall 13 stories on the Drop of Doom.

The action can be just as thrilling in the five-acre World Waterpark ($16.85), which includes the world's largest indoor wave pool. You plummet nearly 82 feet straight down on the Sky Screamer, but the 21 other water slides tend to be tamer.

Cool off from the beach at the ice-skating rink ($3.80). Ride in a submarine ($10.25), watch a dolphin show ($1.80), and play miniature golf on a Pebble Beach-style course ($6.70).

Budget-friendly family passes are available for most attractions; *800/-661-8890.* (Prices subject to change.)



WEST EDMONTON MALL (2)



At West Edmonton Mall, you can swim in a beachlike pool, or view stingrays and sharks from a submarine.

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Canada's Great Train Adventure

continued from page 142

while you chug toward Winnipeg.

Winnipeg, Manitoba. You will stop for several hours in this cultural outpost marking the end of the eastern forests and the beginning of the western plains. Winnipeg's attractions include the Michelin three-star Museum of Man and Nature, the Winnipeg Art Gallery, and Fort Garry Hotel's casino. *Travel Manitoba, 800/665-0040.*

Then, for a province or so, grain elevators substitute for skyscrapers in a sea of wheat while you rumble your way through Canada's breadbasket.

Edmonton, Alberta. Once the gateway to the gold rush, Edmonton now welcomes VIA passengers to the Rockies. The freewheeling, prospecting spirit lives on each July during Klondike Days. (Reserve rooms.)

The Muttart Conservatory gleams like four diamond pyramids in the river valley, and you can walk through history at the excellent Fort Edmonton Park. Edmonton's claim to fame these days is the world's biggest mall (see *page 142). Edmonton Convention & Tourism Authority, 104, 9797 Jasper Ave., Dept. BHG, Edmonton, AB, Canada T5J 1N9; 403/422-5505.*

Calgary, Alberta. For a rootin'-tootin' good time in this misplaced Texas town, pull in during July's Calgary Stampede. (Make reservations.) Calgary is a curious mix of ultramodern city and Wild West town. The zoo, the Glenbow Museum, Heritage Park, and Olympic Park are all worth visiting. At Spruce Meadows, you can watch horses train for jumping competitions. *Calgary Convention & Visitors Bureau, 237 8 Ave., SE, Dept. BHG, Calgary, AB, Canada T2G 0K8; 403/263-8510.*

THE CANADIAN ROCKIES

If time permits, drive or take a tour through the national parks. In summer, daylight lasts until 10 or so.

Jasper National Park. Jasper Park Lodge provides an exotic base for your explorations. Stroll around Lac Beauvert, and, from the far end by the golf course, you can see the lodge's main chalet and some cottages peeking from the pines, with Whistler Mountain in the background.

Rafting, horseback riding, and hiking are popular activities. For more sedentary pursuits, cruise Maligne Lake, and visit Athabasca Falls.

Icefields Parkway. Gasping in awe at the scenery and spotting wildlife occupy everyone moseying the 140-mile highway that connects Jasper National Park and Lake Louise. Mountains that pierce the sky, waterfalls, glaciers, sparkling green and blue lakes, and streams powered by melting snow vie for your attention.

Columbia Icefield. You can lumber in a snocoach on to Athabasca Glacier, one of eight at the Columbia Icefield, on the boundary between Jasper and Banff national parks.

Banff National Park. Canada's oldest national park contains numerous enchantments, among them the Weeping Wall of waterfalls and Peyto Lake, with startling blue water guarded by evergreens and mountains.



SUPERSTOCK

Moraine Lake in the Valley of the Ten Peaks is one of Canada's scenic gems.



MICHAEL J. HOWELL/PROFILES WEST

Sunwapta Falls sweeps through Jasper National Park in the Canadian Rockies.

Lake Louise. The Château Lake Louise rises like a Bavarian castle from the lake's shores. Amble along its banks, or hike the more strenuous trails. Look above the rappeling classes on a cliff face near the hotel, and you're likely to spy mountain goats scaling the heights.

Nearby is the Valley of the Ten Peaks. You can hike or canoe here, but most visitors opt to just gaze at Mother Nature's stunning handiwork—snowcapped granite mountains reflected in pine-lined Moraine Lake. The Canadian government chose this perfect scene for the back of its $20 bills.

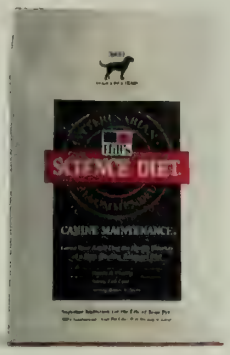
Banff. A half hour from Lake Louise is the alpine village of Banff, full of restaurants, shops, and other tourist lures. Sulpher Hot Springs turned this faraway spot into a vacation mecca 100 years ago. For a grand vista, including the entire Bow Valley and the august Banff Springs Hotel, ride the gondola up Sulphur Mountain.

Travel Alberta, 800/661-8888.

Canadian Rockies tours. Brewster Transportation and Tours has escorted travelers through the Rockies

continued on page 146

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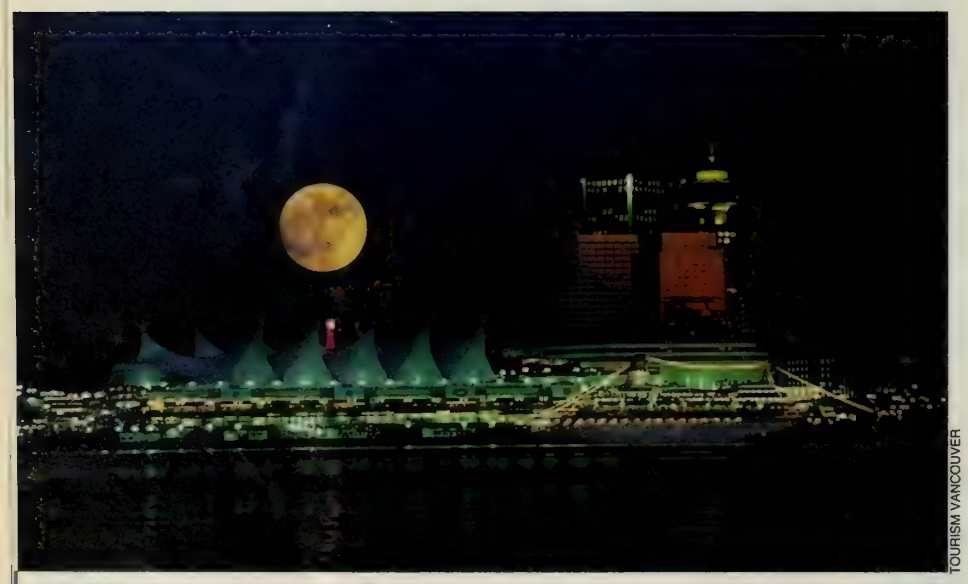
Canada's Great Train Adventure

continued from page 144

for a century. Besides bus excursions, Brewster offers independent tours and car-rental packages; *800/661-1152.*

- VIA. Departing Jasper about 3 p.m. Friday, you arrive in Vancouver at 8 the next morning ($79, section $135, room $253). One of the high points, literally, is Mount Robson, the tallest peak in the Canadian Rockies. This part of the trip is a symphony of snowcapped spires, waterfalls tumbling over the hillsides, and the train snaking through evergreen forests.
- The *Rocky Mountaineer.* Operated by the Great Canadian Railtour Company Ltd., The *Rocky Mountaineer* winds through the Rockies during the tourist season. Two-day excursions between Jasper and Vancouver (VIA also offers) or Banff and Vancouver cost $332, based on double occupancy. Add $30 to Calgary.

Travel takes place during daylight; you sleep in a hotel at Kamloops. Call your travel agent or *800/665-RAIL.*



TOURISM VANCOUVER

Cruise ships often stop near the permanent sails of Vancouver's Canada Place.

THE PACIFIC

Vancouver, British Columbia. VIA eases you into one of the world's prettiest cities early enough to enjoy a full day discovering Vancouver's numerous delights. On the North Shore, take the skyride to the top of Grouse Mountain, and you'll see how the city nestles between the sea and the mountains. The white sails of Canada Place, the terminus for cruise ships, and miles of beach mark this port city. For heart-pounding thrills, walk the Capilano Suspension Bridge across a canyon whose floor yawns 230 feet below.

On the downtown side of the Lion's Gate Bridge, Canada's largest city park, Stanley, offers everything from a zoo and an aquarium to forested hiking trails and totem poles. See the magnificent collection of totem poles at the nearby Museum of Anthropology. Vancouver abounds in areas to explore—Granville Island, Robson Street, Gastown, and Chinatown.

Tourism Vancouver, Suite 665, Two Bentall Centre, 555 Burrard St., Dept. BHG, Vancouver, BC, Canada V7X 1M8; 604/682-2222.

Victoria, British Columbia. Hop aboard a red double-decker bus and take a spin around Canada's most English city. Victoria, on Vancouver Island, is the capital of British Columbia. Rhododendrons, azaleas, and hanging baskets brighten yards and public areas, but nowhere are flowers more profuse than at Butchart Gardens north of Victoria. A spot of tea at the ivy-covered Empress Hotel highlights any trip to Victoria ($13, reservations required). Take the ferry from Vancouver ($8), or Helijet ($78).

Tourism Victoria, 6th Flr., 612 View St., Dept. BHG, Victoria, BC, Canada V8W 1J5; 604/382-2127.

Train Tips

Reservations. Book as early as possible, especially to get your choice of sleeping accommodations.

Unless you're used to reading train timetables, VIA's schedule can be confusing. A travel agent won't charge and may save you money.

Don't try to cut costs by choosing coach. Traveling coast to coast without sleeping accommodations should be reserved for college students, backpackers, and other hardy individuals. The beds are comfortable, and you will arrive more rested.

Where to go. Should time or budget prevent you from going coast to coast, consider these alternatives. Pick the Canadian Rockies for scenic grandeur and wildlife. If you think Mother Nature can't compete with museums, shopping, restaurants, and other city activities, choose the Corridor run through some of Canada's major cities.

When to go. In summer, blizzards and avalanches no longer duel with train schedules, and lakes and rivers have thawed. But to save money, avoid crowds, find last-minute space, or enjoy fall foliage, take the train in late September or early October. A bonus: wildlife are more likely to amble within viewing distance in the fall.

Timing. Go through the Rockies in daylight. You don't want the highlight of the trip shrouded in darkness.

Packing. Even with a bedroom, space is tight. Pack a small carryon bag with toiletries, sleeping gear, reading material, and other essentials. Check your main bag to your destination. On the train, you won't have a key to your room, but you can ask the porter to lock your door.

Food. You can eat full meals in the dining car, or buy burgers and chips in the snack bar ($3–$13). You can also picnic on goodies you bring.

Canrailpass. Save money on unlimited coach travel throughout the system, good for one month. $329, June 1–September 30; $219 otherwise.

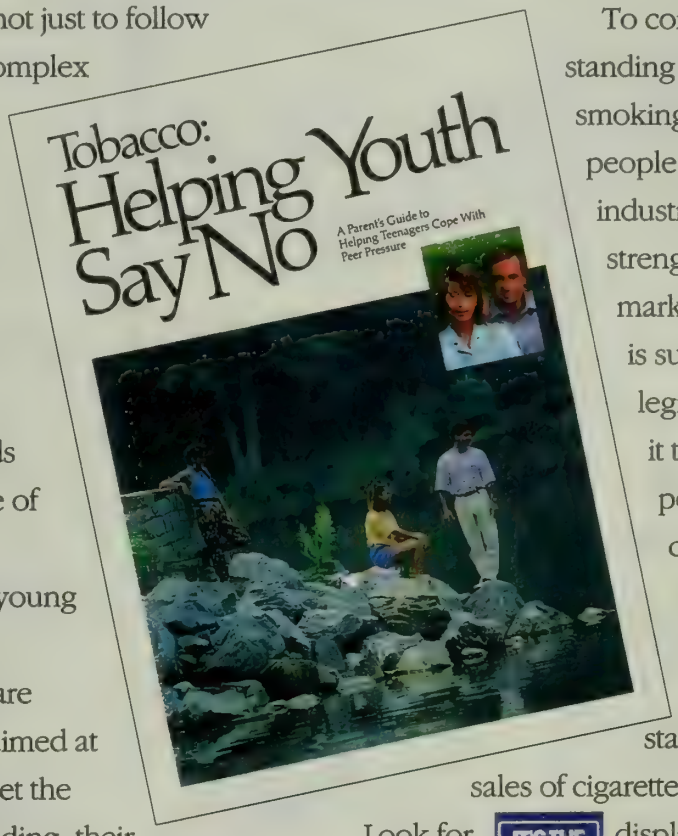
Information. Contact a travel agent, or *VIA Rail Canada, Dept. BHG, P.O. Box 8116, Station A, Montreal, PQ, Canada H3C 3N3; 800/561-3949.*

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To continue its long-standing commitment that smoking is not for young people, the tobacco industry also has strengthened its marketing code and is supporting state legislation to make it tougher for young people to buy cigarettes. We are also working with retailers for strict compliance with state laws prohibiting sales of cigarettes to minors.

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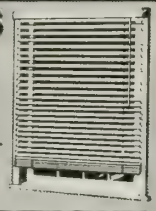
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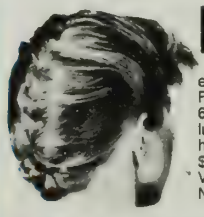
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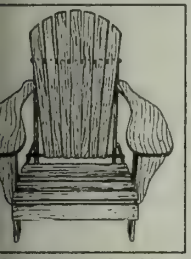
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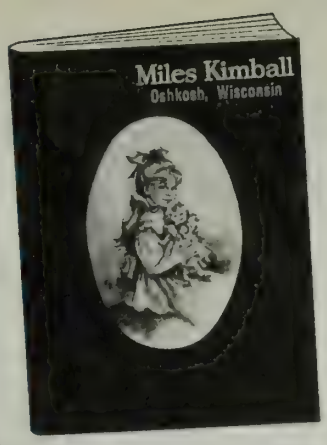
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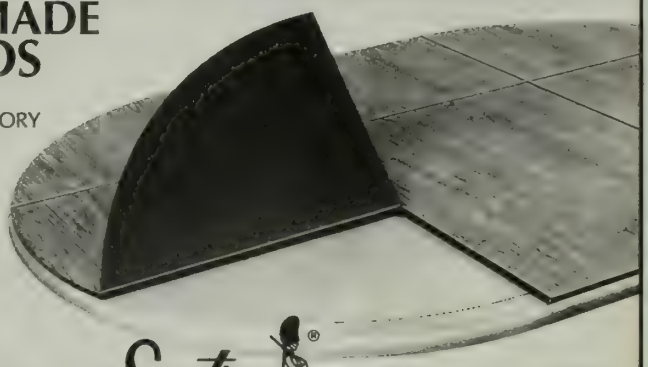
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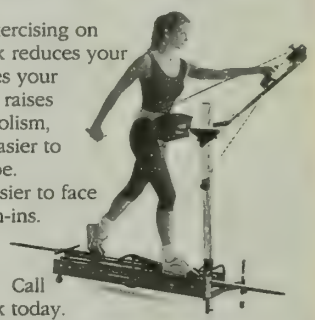


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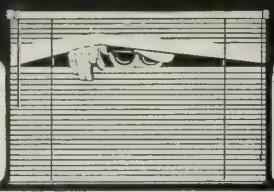
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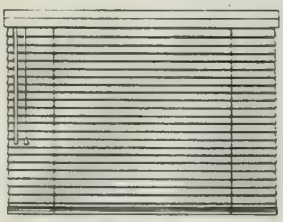
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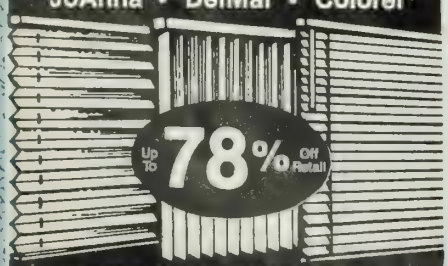
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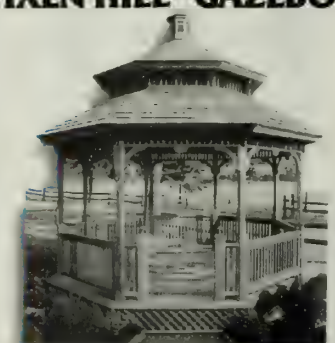
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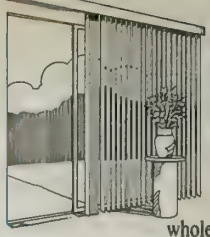
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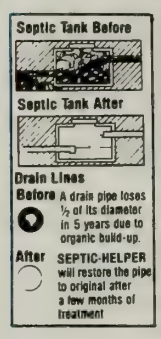
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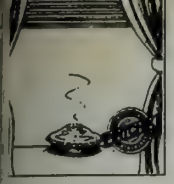
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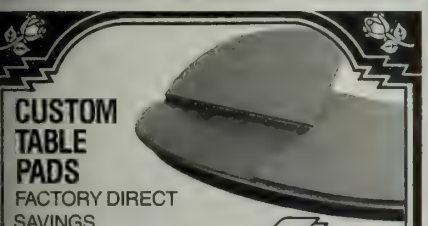


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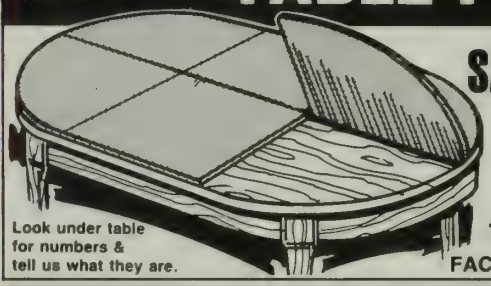
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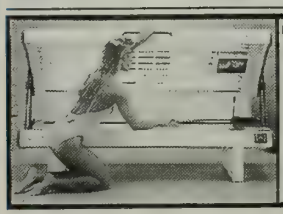
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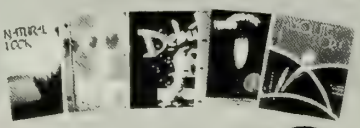
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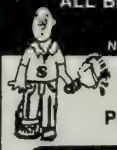
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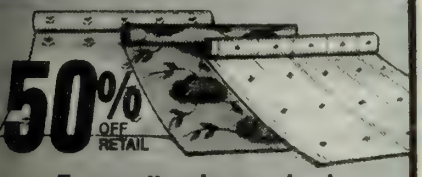
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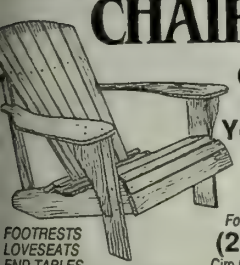
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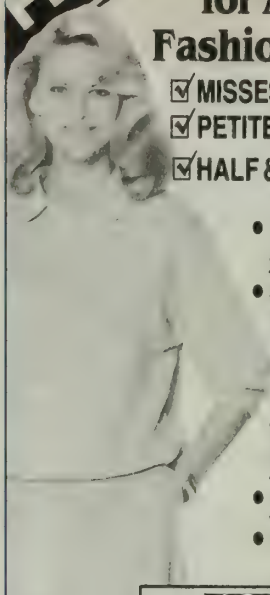
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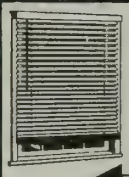
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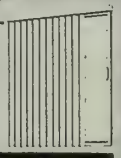
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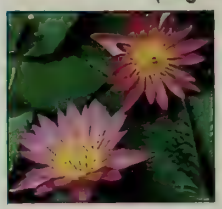
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HOW TO ORDER

WATER GARDENS

(Pages 19-26)





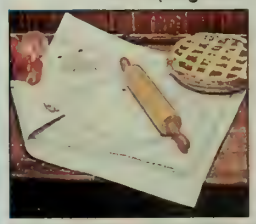
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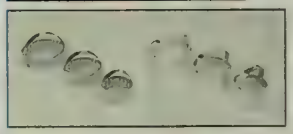
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STOP BY MAIL

THE MAN NEXT DOOR®

AUGUST 1991

■ Grandma Hillis, speaking from experience, says the fastest cure for loneliness is to try to sneak in a nap before the doorbell or the telephone rings.

■ Nan Batson doesn't get upset when her college children call home for money. "Some day," she smiles, "they'll be on the receiving end."

■ Representative Nick Hanfli suggests that if the American Revolution were held today, George Washington probably wouldn't throw a dollar across the Potomac. "More likely a credit card," he quips.

■ Life is what happens when you don't pay attention to where you're going, the Rev. George Hall notes.

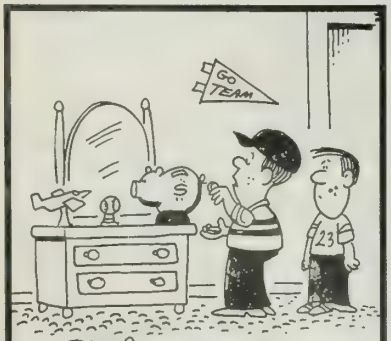
■ Elaine Cowan says that easy credit is like snack food. It's easy to take but the results are hard to get rid of.

■ It seems to me that, for too many of us, middle age is waisting time.

■ "Luck," says Christine, "is finding a parking place on the street. Serendipity is finding one with time still left on the parking meter."

■ "The best home security system ever devised," argues Aunt Opal, "is a nosy neighbor."

■ Landscaper Molly Choi says that people who attempt to treat their own sick trees are risking life and limbs.



"True, my allowance isn't that great, but I do have free medical and dental."


"Sorry, I was trying to read your bumper sticker."

■ "If you want to walk the streets safely at night," suggests Bill Minchin, "carry a portable TV and a videotape of your last vacation."

■ Our office manager, swamped by end-of-the-month paperwork, is convinced that the world isn't so likely to end with a bang or a whimper as a flutter of paper.

■ It's always darkest before the dawn, Christine says, and when you're trying to find the front door's keyhole at night with an armload of groceries.

■ Aunt Opal believes honesty is not only the best policy, it also surprises the daylights out of other people.

■ Bill Norman believes there's no substitute for experience—unless you're wise enough to read the instructions first.

■ "Deficits are like kids," argues editor Earl Reeves. "Turn your back on them and they get bigger."

■ Grandpa Hillis finds that a poor memory is a good substitute for a lot of lying.

Three days before our annual lakeside vacation, Burt, Jr., started lobbying to stay behind at a friend's house. Chris and I agonized for a whole evening before deciding that Burt, Jr.'s place was with us at the lake. "You're too young to be taking separate vacations," I told him.

As soon as we arrived at our cabin a few days later, the still sullen lad shuffled off down the path toward the dock. Twenty minutes later, I caught Chris and Burt laughing and obviously in high spirits. "What happened?" I asked Chris when Burt was out of earshot.

"I'm not sure," she replied, "but I think it had something to do with a young lady about Burt's age who happened to be down at the dock."

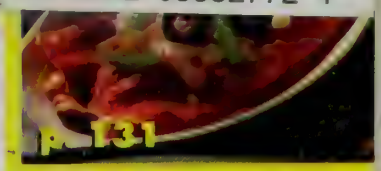
A week later, Burt was once again lobbying—this time to remain at the lake with his new friend's family. "Sorry," I replied, "you're still too young to be taking a separate vacation."

Burton Hillis

1 September

...S IN NO TIME

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Better Homes and Gardens®

SEPTEMBER 1991

MAKE-AHEAD GIFTS

10 COUNTRY-FRESH CRAFTS p. 159



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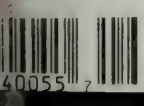
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EDITOR'S LETTER

SEPTEMBER 1991



GEORGE CEOLLA

KEEPING THE PROMISE TO THE CHILDREN OF THE WORLD

Dear Readers,

Is there anything more precious than our children? And doesn't the future of the world depend on the quality of life we provide for them here and now?

But, children throughout the world are dying as you read this. In fact, a child dies every two seconds, on the average, most from preventable diseases. That's 40,000 children a day.

In our own country, 40,000 infants each year die from preventable causes, and a fifth of our children under 6 live in poverty, many malnourished and victims of child abuse.

Last year, to do something about this awful problem, UNICEF organized The World Summit for Children at the United Nations. It was the largest gathering of world heads of state in history: 159 countries were represented, among them 71 heads of state, including President Bush.

The delegates from all these countries signed a declaration and plan of action for the survival, protection, and development of children in the 1990s. Specific goals to be met by the year 2000 were set.

But the declaration is just a piece of paper so far. The nations of the world must now act on these resolutions. The task of saving the world's kids may seem overwhelming, and you might wonder what ordinary folks like us can do.

Actually, we could virtually eliminate the top five causes of childhood death for only about $10 per child per year. Of course, that comes to a lot of money—nearly $2.5 billion per year by mid-decade. But, that's what the countries of the world spend on their military *every day!*

We have the means to save the children of this world. The question is, do we have the will to do it? That's where you come in. We must insist that our leaders honor the promises made at The World Summit for Children.

Some private organizations have organized a campaign called **Vigils '91—Keeping the Promise.** Lots of good folks are involved: Jimmy Carter, the Boy Scouts of America, the Children's Defense Fund, and RESULTS, to name a few. On September 27, 28, or 29 in churches, temples, and mosques around the world congregations will hear about the promises made at the summit and what they can do to ensure that the promises are kept. There will be school activities, too, during the week of September 30, to inform both kids and their parents.

If you'd like lesson plans for school or materials for church activities, send $5 to: **Children's Vigil '91, Box BH, 236 Massachusetts Ave., NE, Ste. 300, Washington, DC 20002-4890**

Children have only one chance to grow up healthy in mind and body. Helping kids get a good start in life is the best investment the human race can make in the future of the earth.

David Jordan

David Jordan, Editor in Chief

HOW TO SPEAK CAT.



LESSON ONE: START BY READING HER FACE.

When your cat looks at you, what is she saying about her state of mind? An alert cat has erect ears and narrow pupils. A frightened cat's ears flatten and her pupils widen. A relaxed cat shows her pleasure through half-closed eyes.

Your cat has a lot to tell you, but you have to know how to listen. She's capable of at least sixteen different vocalizations.

In multi-cat households, cats talk to each other. But the solitary cat is trying to communicate with you.

Compare the tone of her meow when she's begging for food to the tone she uses when she wants to go outside.

Cats even have a unique meow they use to greet you, just as you have a special call for them.

The best sound of all? Any cat lover will tell you: purring.

LESSON TWO: UNDERSTANDING HER BODY LANGUAGE.

Your cat's skin and coat is beautiful and functional. The looseness of her skin helps her slip from an aggressor's grasp. In fact, the skin on the back of her neck is five times thicker than the rest of her body.

Maintaining a healthy body requires a great deal of protein. And that protein comes from meat.

Remember, cats are carnivores. They're supposed to eat meat. In fact, cats need nearly five times as much meat protein as humans do.

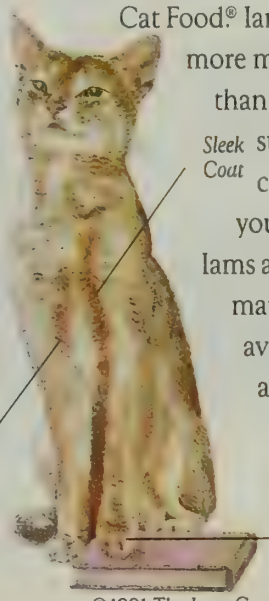
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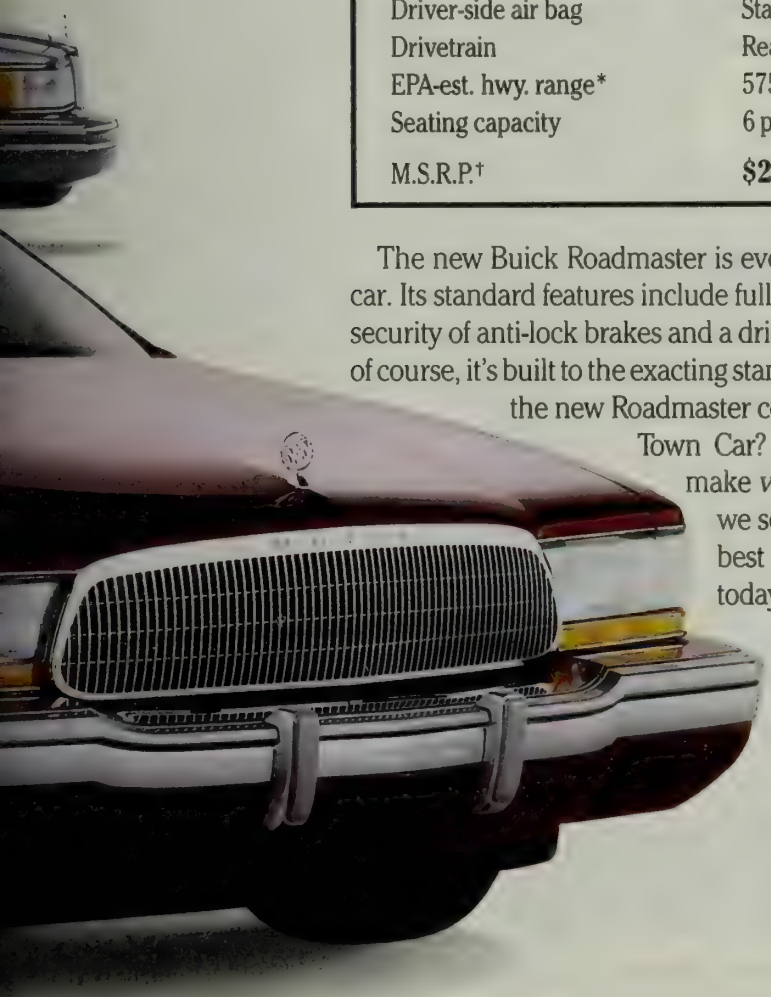


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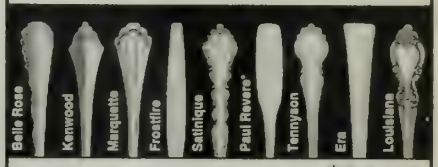
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Oval Soup Spoon	14.50	6.50	11.00	5.00	8.50	3.75	5.50	2.50
Iced Tea Spoon	14.50	6.50	11.00	5.00	8.50	3.75	5.50	2.50
Salad Fork	14.50	6.50	11.00	5.00	8.50	3.75	5.50	2.50
Place Fork	14.50	6.50	11.00	5.00	8.50	3.75	5.50	2.50
Cocktail Fork	14.50	6.50	11.00	5.00	8.50	3.75	5.50	2.50
Butter Spreader (A)	20.00	9.25	16.00	7.50	12.00	5.50	8.00	3.75
Place Knife	20.00	9.25	16.00	7.50	12.00	5.50	8.00	3.75
Steak Knife	20.00	9.25	16.00	7.50	12.00	5.50	8.00	3.75
Butter Knife	20.00	9.25	16.00	7.50	12.00	5.50	8.00	3.75
Sugar Spoon	20.00	9.25	16.00	7.50	12.00	5.50	8.00	3.75
Tablespoon	29.00	13.25	22.00	10.00	17.00	7.75	11.00	5.00
Pierced Tablespoon	29.00	13.25	22.00	10.00	17.00	7.75	11.00	5.00
Cold Meat Fork	29.00	13.25	22.00	10.00	17.00	7.75	11.00	5.00
Gravy Ladle	29.00	13.25	22.00	10.00	17.00	7.75	11.00	5.00

SET COMBINATIONS:
3 PC HOSTESS Set includes: Tablespoon, Gravy Ladle, Sugar Spoon.
3 PC SERVING Set includes: Butter Knife, Pierced Tablespoon, Cold Meat Fork.
46 PC Set includes: 8 - 5 PC PL Settings plus Hostess and Serving Set.
66 PC Set includes: 12 - 5 PC PL Settings plus Hostess and Serving Set.

ITEM AVAILABILITY:
A. Butter Spreader NOT AVAILABLE IN: Alexis, Anticipation, Independence, Monte Carlo, Rushmore, Morning Blossom, Falkirk, Calla Lily.

SHIPPING/INSURANCE CHARGES:
UP TO $17.50 ADD $4.00
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STEVE BJORKMAN

JOIN THE THIRD ANNUAL GREAT AMERICAN YARD SALE!

Saturday, September 14, 1991

Sort through the attic, grab your garage goodies, and join us in the third nationwide Great American Yard Sale. You'll be helping homeless families, with sale proceeds shared by our nonprofit organization, The Better Homes™ Foundation, and programs in your community. The sale raised $237,500 last year and promises even more this time, with more than 170 members of Better Homes and Gardens® Real Estate Service sponsoring events. Check the following list for sales closest to your home, then call for details.

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continued on page 16

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" 'There must be *thousands* of frames,' I remember thinking as one of many friendly people there helped me pick the ones that were just right for me.

"I even watched their lab make my glasses right in the store in about an hour. And you know, they looked great and fit just right.

"The people at LensCrafters say they'll do anything to make sure their customers are happy with their new glasses. And I believe them! So now, even though I went in by 'accident,' I'll continue to go back by choice."



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continued from page 14

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Twins so precious you'll want to sweep them into your arms!



Meg and Michael shown smaller than actual size.
The dolls' seated height is 9½ inches;
their length is approximately 14 inches.

GUESS WHO PUT HEATH® TOFFEE IN THIS GREAT LOOKING WRAPPER?





New Heath® Toffee Chunk from Chips Ahoy®! Selections.
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NABISCO BRANDS



Plain and unapproachable, the house looked uptight with clipped evergreens clinging to its foundation.

Before

MAKING A GRAND ENTRANCE



After

Inviting in every way, the front entry looks more relaxed with a landscape design that reaches out into the yard and captures the attention of passersby.

BY JANE AUSTIN McKEON

First impressions count. That's why the owners of this home adopted a fresh approach when they relandscaped their front yard. Dragged down by overgrown foundation shrubs and sagging concrete steps, their plain entry became the jewel of the neighborhood with colorful plantings and a welcoming walkway.

GRAND ENTRANCE

Well-designed steps *lure* as well as *lead* you from one level to the next. Like an open-arms welcome, this flared walkway pulls visitors to the front door.



BEFORE: Difficult to negotiate, the narrow concrete walk tripped unsuspecting visitors.

A STAIR IS BORN



1 Determine the number of steps you'll need to build by measuring the rise your staircase will climb and the distance it will cover.



2 Divide these figures by variations of tread and riser sizes until you get equal-size steps. Build a frame of 6×6 timbers; nail in place.



3 Line the inside of each step with landscaping fabric to prevent weeds from growing up through cracks between bricks.



4 Flare the steps at the base of the slope to create a wide landing. Fill each step hollow with sand, allowing space on top for bricks.



5 Smooth the sand with a screed board to form an even surface. With a carpenter's level, check to make sure that the base is level.



6 Lay bricks edge to edge; tap them in place with a rubber mallet. Fill spaces between bricks with sand. Sweep away excess.

PHOTOGRAPHS: PETER KRUMHARDT. LANDSCAPE DESIGN: TIM CLARK/COUNTRY LANDSCAPES



Overcoming a hillside liability, the brick-and-timber steps create a safe and attractive approach to the house.



WHAT THIS PLAN OFFERS

A formal brick walk to the front door that complements the color and traditional style of the house.

A broad landing alongside the single-lane driveway, providing space for juggling cars and opening car doors.

A curving border filled with low-care plants that soften the angular lines of the steps.

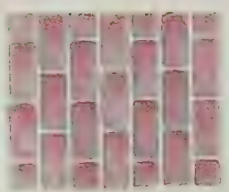
New life for old foundation shrubs, perked up with pruning.

Seasonal color with new plantings, including a redbud tree, dwarf Korean lilacs, hostas, and potted flowers.

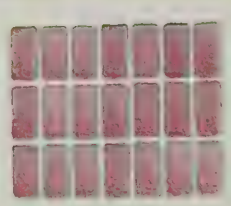
Natural screening of the neighbors' driveway with trees and shrubs.

BRICK PATTERNS

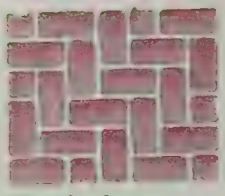
A durable paving material, bricks can be laid in a variety of patterns. Choose the look you like.



Running



Stack Bond



Herringbone

GRAND ENTRANCE

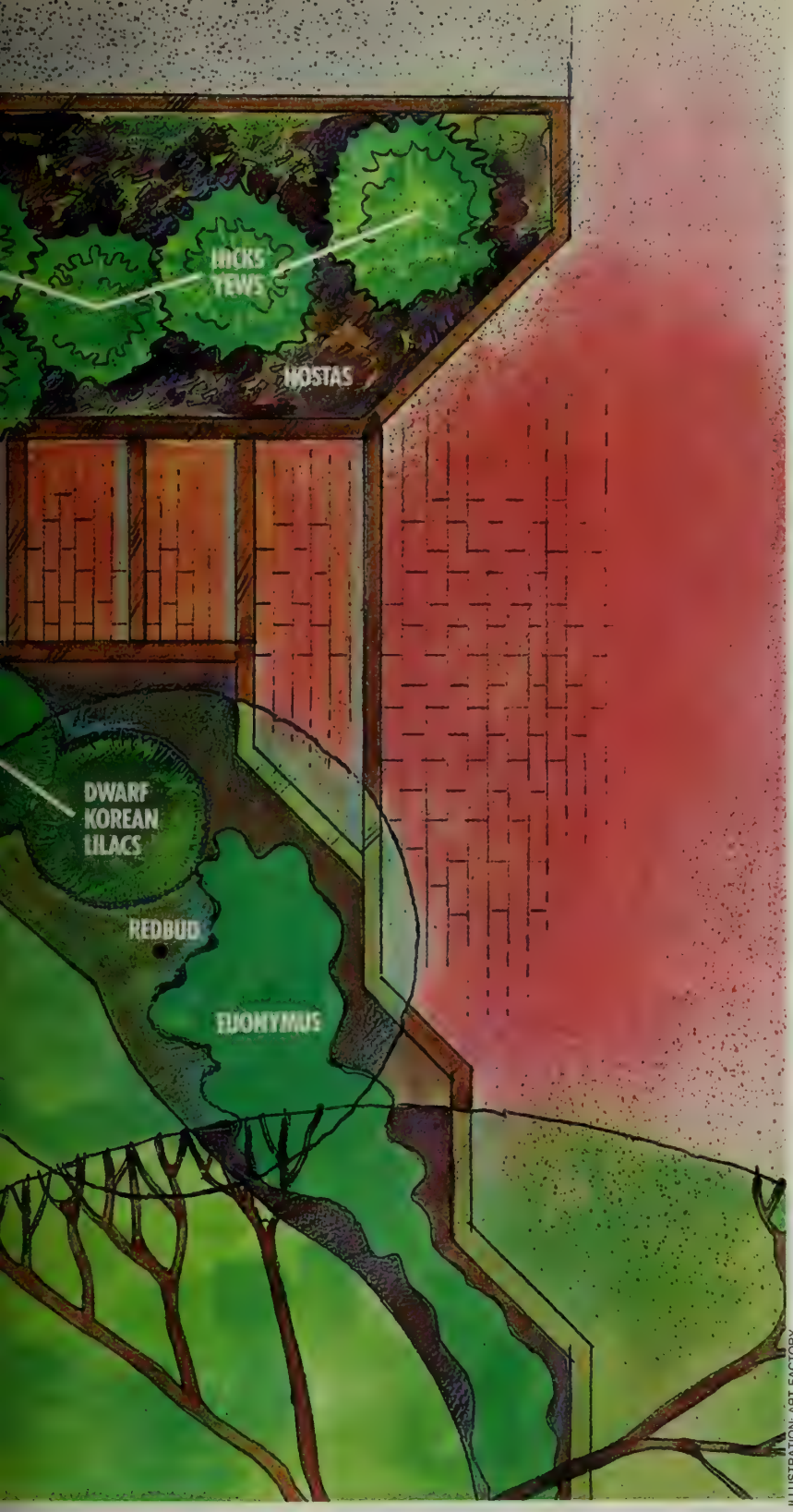
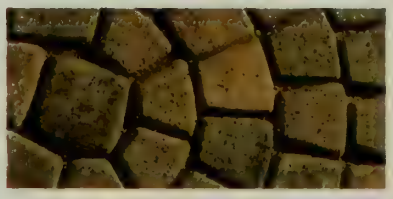


ILLUSTRATION: ART FACTORY

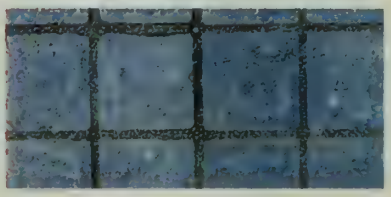
YOUR PAVING OPTIONS

Paving materials vary, depending on where you live. To keep costs down, base your selection on what is readily available in your area.



CONCRETE PAVERS

One of the most widely available paving materials, concrete pavers come in a variety of shapes, sizes, and colors. These versatile, precast forms are better suited for curving walkways than bricks or stones.



COBBLESTONES

Salvaged from old city streets, the original cobblestones are small, smooth-edged boulders. Today's manufactured versions are rough-textured stones, such as granite, cut in uniform, usually 4-inch squares.

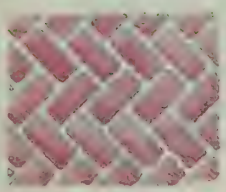


FLAGSTONES

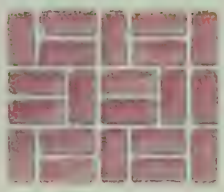
The irregular shapes and sizes of flagstones create an informal, jigsaw effect. Some quarries are now cutting these flat, native stones in more formal, uniform shapes. Grout between flagstones with sand or mortar.



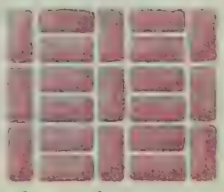
Basket Weave



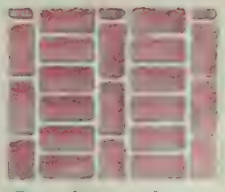
Diagonal Herringbone



Double Basket Weave



Capped Herringbone



Running and Stack Bond Mixed

LIVING ON THE EDGE

When you select plants to border a walkway, choose a variety of flowers, ground covers, shrubs, and trees that will stay small. These species are both compact and colorful.

TREES

- Amur maple *(Acer ginnala)*
- Bradford pear *(Pyrus calleryana)*
- Chinese dogwood *(Cornus kousa)*
- Flowering cherry *(Prunus species)*
- Flowering crabapple *(Malus species)*
- Hawthorn *(Crataegus species)*
- Japanese maple *(Acer palmatum)*
- Magnolia *(Magnolia stellata)*
- Redbud *(Cercis canadensis)*
- Serviceberry *(Amelanchier laevis)*



PHOTOGRAPH: JON JENSEN, REGIONAL EDITOR: BONNIE MAHARAM

Redbud.



PHOTOGRAPH: JON JENSEN, REGIONAL EDITOR: BONNIE MAHARAM

Forsythia and azalea.

SHRUBS

- Rosy Glow barberry *(Berberis species)*
- Compact American cranberry bush *(Viburnum trilobum compactum)*
- Dwarf burning bush *(Euonymus alata compacta)*
- Dwarf Korean lilac *(Syringa patula)*
- Flowering almond *(Prunus triloba)*
- Froebel spiraea *(Spiraea bumalda)*
- P.J.M. rhododendron *(Rhododendron carolinianum x dauricum)*

FLOWERS

Annuals

- Impatiens
- Marigold
- New Guinea impatiens
- Petunia
- Portulaca
- Sanvitalia
- Sweet alyssum
- Vinca
- Wax begonia

Perennials

- Artemisia
- Astilbe
- Autumn Joy sedum
- Basket-of-gold alyssum
- Candytuft
- Cerastium
- Chrysanthemum
- Hosta
- Moss phlox
- Potentilla
- Soapwort *(Saponaria x lempergi)*



PETER KRUMHARDT

Soapwort.



PHOTOGRAPH: BILL STITES, REGIONAL EDITOR: BONNIE MAHARAM

Ajuga.

GROUND COVERS

- Ajuga *(Ajuga reptans)*
- Bishop's weed *(Aegopodium podagraria)*
- English ivy *(Hedera helix)*
- Epimedium *(Epimedium grandiflorum)*
- Winter creeper *(Euonymus fortunei)*
- Ferns
- Lamium *(Lamium album)*
- Liriope *(Liriope species)*
- Ornamental grasses
- Pachysandra *(Pachysandra terminalis)*
- Vinca *(Vinca minor)*

Buying information, page 92



COFFEE BREAK



Vacation



The Variety Sampler from General Foods® International Coffees. Four flavorful destinations.

And eight cups of coffee so delicious, once you try them you may never come home.

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GREAT TASTING CANDY BARS FROM COOL WHIP.®

(WRAPPER NOT INCLUDED)

Butterscotch Finger Bars

1 pkg. (8 oz.) BAKER'S® Semi-Sweet Chocolate
¼ cup melted margarine
1 cup chocolate cookie crumbs
1 cup milk
¼ cup crunchy peanut butter
1 pkg. (4-serving size) JELL-O® Butterscotch Flavor Instant Pudding and Pie Filling*
3½ cups (8 oz.) COOL WHIP® Whipped Topping, thawed
¾ cup chopped peanut brittle
3 Tbsp. margarine

*Or use Vanilla Flavor and 2 Tbsp. butterscotch topping.

• **CHOP** 4 squares chocolate; set aside.
• **MIX** melted margarine with cookie crumbs. Press into bottom of foil-lined 9-in. square pan.
• **BLEND** milk and peanut butter in medium bowl. Add pudding. Beat with whisk 1 to 2 min. Let stand 5 min. Fold in whipped topping, chopped chocolate and peanut brittle. Spread over cookie crumbs. Freeze 4 hours or until firm.
• **MELT** remaining chocolate with 3 Tbsp. margarine. Spread over pudding. Chocolate hardens immediately. Lift dessert from pan using "foil" handles. Cut into 18 bars.

Now it's easy to make your very own scrumptious candy bars with Cool Whip® and yummy stuff like peanuts and caramel. So crunch away.





© 1991 Kraft General Foods, Inc.

Nutty Chocolate Caramel Bars

1 pkg. (8 oz.) BAKER'S® Semi-Sweet Chocolate
¼ cup melted margarine
1 cup chocolate cookie crumbs
½ cup caramel topping
½ cup milk
1 pkg. (4-serving size) JELL-O® Vanilla Flavor Instant Pudding and Pie Filling
3½ cups (8 oz.) COOL WHIP® Whipped Topping, thawed
¾ cup chopped peanuts
3 Tbsp. margarine

• **CHOP** 4 squares chocolate; set aside.
• **MIX** melted margarine with cookie crumbs. Press into bottom of foil-lined 9-in. square pan. Top with caramel topping.
• **POUR** milk into medium bowl. Add pudding. Beat with whisk 1 to 2 min. Let stand 5 min. Fold in whipped topping, chopped chocolate and peanuts. Spread over caramel topping. Freeze 4 hours or until firm.
• **MELT** remaining chocolate with 3 Tbsp. margarine. Spread over pudding. Chocolate hardens immediately. Lift dessert from pan using "foil" handles. Cut into 18 bars.

BACK-TO-SCHOOL ALMANAC

BY JOHN B. THOMAS

Check out our bell-ringing ideas for the new school year.



PERRY STRUSE

LUNCH WITH PREHISTORIC PALS

Surprise your kids with a lunch box full of dinosaurs. Colorful dinosaur napkins or dinosaur-shaped foods will entice your youngster to dig in.

Dinosaur veggie soup. All-new dinosaur-shaped pasta soup is a big addition to your tyke's lunch.

Dinomac macaroni and cheese. A top pick for a dino-mite lunch. Pack the dinosaur-shaped pasta in a bright thermal container for your hungry student's lunch.

continued on page 30

School Shopping Made Simple

Here's how to find the perfect school for your child. Whether you're moving to a new city, or simply curious about local schools, SchoolMatch has information on any U.S. public school system and more than 7,000 private schools.

SchoolMatch's $97.50 "full-search service" compares what your child needs to what the schools in a particular region can offer. Using 22 characteristics, such as test scores, costs, and size, SchoolMatch reports on the top 15 schools in the area you select. Or, for $49, the service will compare a school system or private school with others in its region or the nation. Write to: SchoolMatch, Dept. BHG, Blendonview Office Park, 5027 Pine Creek Dr., Westerville, OH 43081. Or call 800/992-5323

MIKE HENRY

continued from page 29

CLEAN LIVING, COLLEGE STYLE

It's no surprise that campus teetotalers often feel left out in the cold. More than 90 percent of college students drink, according to the National Institute on Drug Abuse. But times are changing. A small, yet growing, movement exists to create "chemical-free" dorms on college campuses nationwide. Schools such as Dartmouth, Michigan, Colorado State, and Gettysburg have already established sobering rules in these new-style college dwellings: Students pledge not to use any mood-altering substances during their stay.



PERRY STRUSE

A DORM-SIZE SEWING MACHINE

For college students on the run, the Singer Mini-Mender is a handy dorm-warming gift. Compact and portable, this cordless machine operates on four AA batteries and sews a durable chain stitch. It's helpful for quick repairs such as ripped hems and torn pant legs. $36.95.

DORM ROOM SURVIVAL KIT

What college student doesn't need a snack stash for those inevitable all-night study marathons? For a quick bite, send your student to school with a microwave survival kit.

Compact oven. Small enough for dorm-room cooking, yet mighty enough for zapping everything from popcorn to chocolate cake, a compact microwave will do the trick. (Sharp Carousel Microwave Oven R2M528, $170.)

Heat-and-eat meals. New shelf-stable soups and dinners are the answer to midnight munchies—they're always handy and require no refrigeration. Just microcook them in their own containers and munch out. Added bonus: no dishes to wash.

Two-minute popcorn. For those long school days of 1991, Orville Redenbacher's new single-size bags of microwavable popcorn are convenient time-out treats. With butter-flavored varieties, you can bag the melted-butter mess.

Quick-fix sweets. When that sweet tooth requires some TLC, try Betty Crocker Microrave Singles. These snack-size cake and brownie mixes come with mini pans, so all your student has to do is add water, mix, and pop the pan into the microwave.

Indestructible cookware. Cooking is a snap with Pop-Top Storables® by Anchor Hocking Plastics. Freezer-, microwave-, and dishwasher-safe, these containers are designed for microcooking soup or reheating cafeteria leftovers.

Clean-up duty. For all of those microwave spills and cooking needs, tuck in a roll of Bounty paper towels made expressly for the microwave.

PERRY STRUSE

continued on page 32



Mott's® for Two.
One wholesome jar of delicious, satisfying real fruit is perfect, even if you're not expecting.



Pak-A-Pak. Wherever you're going, you can carry some satisfying Mott's along with you.

MOTT'S®. Exciting new ways to eat an apple.

Lotsa Mott's. Lotsa Ways.
You know how delicious Mott's Apple Sauce is alone, now try it with your favorite topping.



MOTT'S®
It's a good thing.™

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BACK TO SCHOOL ALMANAC

continued from page 30

Bright Lights, Big Safety

Here's a safe idea for back-to-school bikers, joggers, and walkers: Clip a VistaLite safety light to your belt or bike and get noticed up to 2,000 feet away. Lightweight, super-bright, and durable, it flashes six to eight times a second to ensure high visibility. Available in bike shops nationwide. $14.95. Or write: VistaLite, 2950 Old Tree Dr., Dept. BHG, Lancaster, PA 17603.



COURTESY OF VISTALITE

Electronic Encyclopedia

Last year's history-making Persian Gulf War hasn't found its way into many encyclopedias yet. But report-writing students with access to a personal computer, a modem, and the Prodigy service are in luck. The Prodigy service's on-line Academic American encyclopedia is updated four times every year. Other features of this electronic information source include articles from National Geographic, science experiments from PBS's NOVA (WGBH in Boston), and current events reports from *Weekly Reader.* For grown-ups, there are news and weather reports, reviews, shopping, bulletin boards, and dozens of other electronic services. $12.95 per month or $120 per year. Check your local computer software outlets for start-up kits, or write: Prodigy Services Co., Dept. BHG, 445 Hamilton Ave., White Plains, NY 10601. Or, call 800/PRODIGY (776-3449).

continued on page 38



Roller Fun After School

For trendy after-school action, kids can take off with Fisher-Price's new Flash Tracks. Just like the popular in-line skates or "blades" worn by millions of adults, Flash Tracks are a cool ice skates/roller skates combo. The wheels-in-a-row design offers the maneuverability of ice skates without ever leaving the sidewalk. Also, Flash Tracks adjust to fit directly over your child's shoes. They're made for kids 8 years and older who weigh less than 125 pounds. Available in toy stores nationwide. $60. Or, call 800/432-5437.

GREAT IDEA FOR THE NEW SCHOOL YEAR!



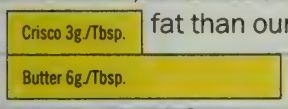
For back-to-school, this TOLL HOUSE® cookie was hard to beat...



...until now.

The **Butter Flavor*** **Crisco** Ultimate Chocolate Chip Cookie bakes up softer and moister.

What's more, the Toll House recipe calls for butter, so their cookies have more saturated fat than ours. Butter Flavor Crisco is pure vegetable shortening, and cup for cup, it has 50% less saturated fat than butter. All of which is why for back-to-school cookies, Crisco is a better way to bake.



Saturated Fat Comparison:
Crisco has 50% less than butter.

Ultimate Chocolate Chip Cookies

3/4 cup Butter Flavor Crisco®
1–1/4 cups firmly packed brown sugar
2 Tbsps. milk
1 Tbsp. vanilla
1 egg
1–3/4 cups all-purpose flour
1 tsp. salt
3/4 tsp. baking soda
1 cup semi-sweet chocolate chips
1 cup pecan pieces

Heat oven to 375°F. **Cream** Butter Flavor Crisco, brown sugar, milk and vanilla in large bowl. **Blend** until creamy. **Blend** in egg. **Combine** flour, salt and baking soda. **Add** to creamed mixture, gradually. **Stir** in chocolate chips and nuts. **Drop** rounded measuring tablespoonfuls of dough 3-inches apart on ungreased baking sheet. **Bake** at 375°F. 8 to 10 minutes for chewy cookies (will appear light and moist—Do Not Overbake), 11 to 13 minutes for crisp cookies. **Cool** on baking sheet 2 minutes. **Remove** to cooling rack. Makes 3 dozen 3-inch cookies. **Enjoy!**



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© 1991 The Ashton-Drake Galleries
9200 North Maryland Avenue
Niles, Illinois 60648-1397

"Emily"



Kneeling beside her bed, little "Emily" says her prayers all by herself for the very first time. Looking heavenward, she dutifully recites the blessing in her tiny, toddler voice. "Emily" knows it's all right, because Mommy says the Lord hears everyone, no matter how softly they speak.

"Emily" is an original issue in the award-winning *Yolanda's Picture-Perfect Babies®* doll collection by Yolanda Bello. "Emily" represents the centuries-old tradition of classic character dolls that so often become cherished family heirlooms.

Quality Craftsmanship in Every Detail

"Emily" is crafted with head, arms, and legs cast of bisque porcelain, skillfully hand-painted to capture her sweet, little-girl expression. Her thick, curly hair is sculpted to frame her gentle face, and her hand-set blue eyes shine with faith. "Emily" kneels with her chubby baby feet tucked behind her, and her favorite bunny slippers at her feet. Her lifelike, baby hands are raised in a slightly timid, but sincere, gesture of prayer.

"Emily" is all ready for bedtime in her charming, ruffled nightgown and cap, tailored of striped seersucker printed with tiny bows. Her matching, removable bunny slippers have knit cuffs. Each doll is individually hand-numbered, and comes with a matching numbered Certificate of Authenticity.

Evaluated against *The Uniform Grading Standards for Dolls* developed by the Ashton-Drake Galleries, "Emily" has earned the *Standards'* highest rating for artistry and craftsmanship—Premiere Grade.

A Collectible Doll with Investment Potential

The doll you buy today may be a wise investment for the future. Once an edition is sold out, those who want a doll from the edition must pay whatever the market will bear, if and when one becomes available from dealers or at auction. That's why fine collectible dolls often sell for more than their original prices within only a few years of being issued.

Of course, not all dolls increase in value; values can go down. But dolls of superior artistry and craftsmanship—such as "Emily" and other Premiere Grade dolls—have excellent potential to appreciate.

Bear in mind that "Emily" is an original issue in the legendary *Yolanda's Picture-Perfect Babies®* collection, like the exceptional sold-out dolls in the chart below. "Emily" has similar credentials that make her potential for market success also seem promising.

Recommended and guaranteed by the Ashton-Drake Galleries, "Emily" can be yours to cherish for only $63.00—an extraordinary value for a porcelain collector doll of this quality. To order, simply complete and mail the attached Reservation Certificate. But hurry...."Emily" is issued in an exclusive, hand-numbered edition. Order today.

Doll	Artist	Edition End	Issue Price	Average Market Value*	Change
"Heather"	Yolanda Bello	1987	$48	$448	+$400
"Jennifer"	Yolanda Bello	1988	$58	$369	+$311
"Sarah"	Yolanda Bello	1989	$58	$159	+$101

*Source: April, 1991 survey of registered sales by select leading doll dealers nationwide. Actual resale prices may vary.

A6120-NP3B

RESERVATION CERTIFICATE
THE ASHTON-DRAKE GALLERIES
9200 North Maryland Avenue
Niles, Illinois 60648-1397

THE ASHTON-DRAKE GALLERIES

PLEASE RESPOND BY:
September 30, 1991

YES, please enter my reservation for "Emily" an original issue in the *Yolanda's Picture-Perfect Babies®* collection. Limit: One doll per customer. I understand that I need SEND NO MONEY NOW. I will pay for the doll in three convenient monthly installments of $21.00* each, the first being billed before shipment of the doll.

My satisfaction is unconditionally guaranteed. I understand that I may, for any reason, return "Emily" to the Ashton-Drake Galleries at any time within ***one full year*** after I receive her for a refund or credit of the full purchase price, including postage.

X _____
Signature Date

_____ ( ) _____
Name (please print) Telephone

_____
Address Apt. No.

_____
City State Zip

*Plus $3.94 home delivery fee and any applicable state sales tax. Please allow 4 to 6 weeks for delivery. Canadian price: $89.00 plus postage and handling and any applicable sales tax.

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CHALK ONE UP FOR EYE EXAMS

Some youngsters appear sluggish in class only because they can't see what they're missing. Even if your child passes the standard vision test given at school, the American Optometric Association recommends a thorough vision exam by an eye-care professional. Such tests measure everything from nearsightedness and eye coordination to color perception and lazy eye. Remember, many cases of supposed learning disability are really vision problems that are easily corrected. For the free brochure "Your School-Age Child's Eyes," send a SASE to: Communications Center, American Optometric Association, 243 N. Lindbergh Blvd., St. Louis, MO 63141. Or call 314/991-4100.



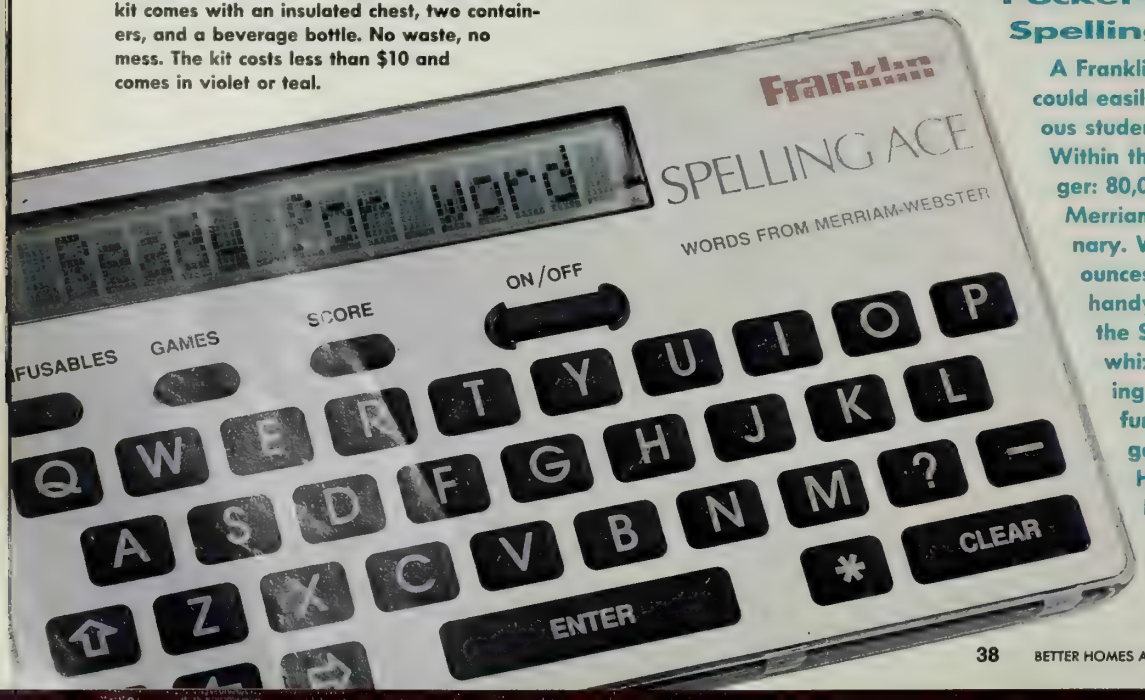
COURTESY OF RUBBERMAID

LUNCH BOX WITH PIZZAZ

Send your kids to school with the new Litterless Lunch Kit from Rubbermaid. The four-piece kit comes with an insulated chest, two containers, and a beverage bottle. No waste, no mess. The kit costs less than $10 and comes in violet or teal.

CHOOSE THE RIGHT COLLEGE

So your kid's in a pinch about which college to attend? Instead of watching your youngster worry, why not send for a free pamphlet from Grinnell College that features 21 tips on how to select a college. For a copy of "Do the Right Things!" write to: Right Things, Office of Public Relations, Grinnell College, P.O. Box 805, Dept. BHG, Grinnell, IA 50112.



Pocket-Size Spelling Buddy

A Franklin Spelling Ace could easily become a serious student's best friend. Within the touch of a finger: 80,000 words from Merriam-Webster's dictionary. Weighing only 1.8 ounces and measuring a handy 4 × 2 inches, the Spelling Ace is a whiz at phonetic spelling correction. For fun, there are word games, such as Hangman and Flashcards. $39.95.

PERRY STRUSE

continued on page 40

WHAT'S 2000 YEARS OLD, *but* KEEPS YOUR SWEET BUNS *fresh* AND IS *always* FULL OF ENERGY?

What, indeed? Well, sugar. And though you may know that it makes lollipops luscious, it also keeps baked goods fresh, because it's a natural preservative. And as a carbohydrate, it gives you energy to function. Impressed? Take the quiz below and it'll be no mystery why, throughout its long history, sugar has been not only naturally delicious, but a natural for many other things as well.

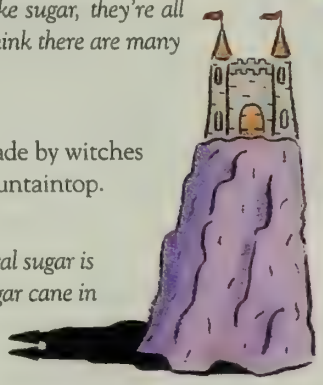


Q: Gram for gram, refined sugar is no more fattening than the sugars in:
a) An apple
b) A mid-sized luxury automobile
c) Broccoli
d) Carrots

A: *a), c), d). Gram for gram, refined sugar is no more fattening than the sugars found in fruits and vegetables. Why? Because, like sugar, they're all carbohydrates. Frankly, we don't think there are many carbohydrates in automobiles.*

Q: True or False: Sugar is made by witches in a castle, high on a mountaintop.

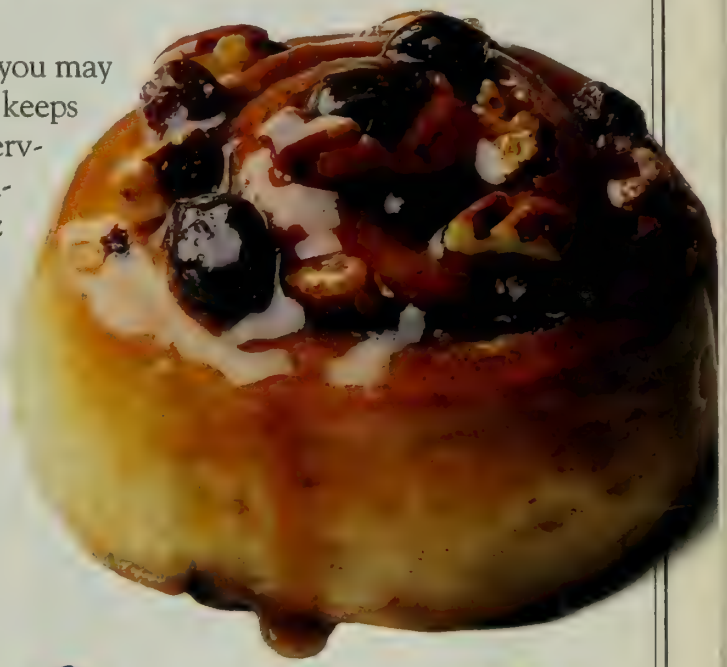
A: *False. 100% natural sugar is created in sugar beets and sugar cane in lovely rural settings.*



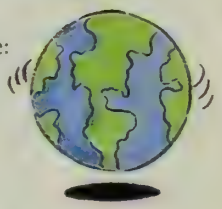


Q: To cure hiccups, you should:
a) Flap your arms violently
b) Bend over backwards and recite poetry
c) Leave the country
d) Take a teaspoon of sugar

A: *d). Sugar is a traditional remedy for hiccups. And that's just one of its many medicinal qualities. It has been used to help wounds heal and is in many vitamin tablets.*

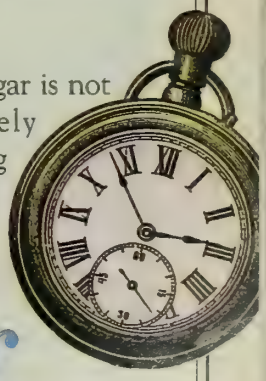


Q: Sugar has the ability to make:
a) The world go round
b) Hay while the sun shines
c) Breads and cakes rise
d) A bit of a fuss



A: *c). Sugar acts as a food for yeast, which makes your fresh, delicious baked goods what they are. In its own way, it does make a fuss, but the right kind.*

So now you can see why sugar is not only delicious, but extremely versatile as well. From putting the punch in pies to keeping muffins moist, sugar is clearly a timeless treat.



sugar

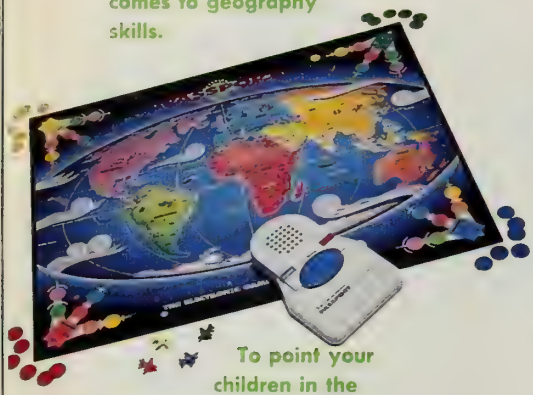
IT'S MORE *than* GOOD TO EAT.

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continued from page 38

Get a Grip on Geography

Plenty of students are lost in space when it comes to geography skills.



COURTESY OF TEXAS INSTRUMENTS

To point your children in the right direction, try Texas Instruments' new Passport to the World geography game. Guided by an electronic flight controller, kids are assigned destinations and then asked one of more than 10,000 possible questions covering countries, famous people, food, clothing, sports, inventions, climate, and terrain. Players race around the colorful map that covers six regions of the world. No matter who wins the game, global geography skills aren't the only skills learned. For example, just like real travelers, you might lose your luggage or get rerouted to some out-of-the-way destination, such as Antarctica. For children aged 9 and older. $50.

Outer Space School



One giant leap: Good times at the U.S Space Camp include turning the laws of gravity up side down.

Ever wonder what it feels like to dangle weightless above the earth? The sensation is anything but alien at the U.S. Space Camp and U.S. Space Academy. Here, kids *and* adults can experience the "zero gravity" of outer space during make-believe space missions. The camp features all kinds of out-of-this-world adventures, from testing space food to simulated moon walks to Space Shuttle operations.

Camps convene at either The U.S. Space and Rocket Center in Huntsville, Alabama, or the new U.S. Astronaut Hall of Fame/U.S. Space Camp near the Kennedy Space Center in Cape Canaveral, Florida.



COURTESY OF U.S. SPACE CAMP

Earthbound no more: a camper rockets into mock orbit.

The camps aren't just for kids; programs target parents and teachers, too.



One of two space school sites: the U.S. Space Camp and Rocket Center in Huntsville, Alabama.

Here's a bonus: Campers who have the right stuff can earn college credit at selected schools. Scholarships for kids of all ages are available as well.

SPACE CAMP and the other space programs last three to eight days, depending on the camp, and cost from $425 to $675. For more information, write to: SPACE CAMP Booklet Offer, P.O. Box 1680, Dept. BHG, Huntsville, AL 35807. Or call 205/837-3400.

Hot Line for Financial Aid

Got a burning question about your child's federal student financial aid? Join the crowd and phone first, says the U.S. Department of Education. Since 1987 the department's Federal Student Aid Information Center has handled 80,000 calls a month on its student aid hot line. The toll-free service (1-800/4 FED AID) can answer questions for anxious parents or students about: student eligibility requirements, how to complete a financial aid application, the award and payment process, verification procedures, and whether a particular school participates in the federal student aid programs. For a free copy of the booklet "The Student Guide, Financial Aid from the U.S. Department of Education: Grants, Loans, and Work-Study," write: Federal Student Aid Information Center, P.O. Box 84, Dept. BHG, Washington, DC 20044.

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© Mars, Incorporated 1991

WHAT MAKES THE PERFECT SNACK?

A) CREAMY REAL PEANUT BUTTER

B) PURE MILK CHOCOLATE

C) CRUNCHY WHOLE GRAIN COOKIES

D) ALL OF THE ABOVE

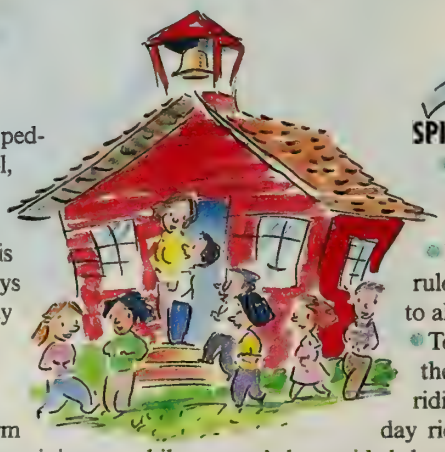


We mean Peanut Butter™

continued from page 40

SAFETY TIPS FOR SCHOOL-BOUND STUDENTS



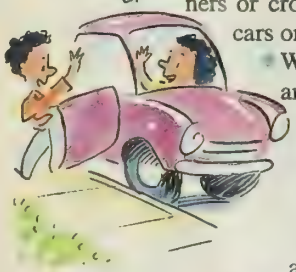


Some kids use foot or pedal power to get to school, while others hop on the school bus or get a lift from Mom or Dad. Any way is OK, as long as you always keep your child's safety in mind.

The National SAFE KIDS Campaign, a long-term program to prevent injury to children, offers the following school transportation safety tips that could save your child's life.

TAKE A WALK

- Choose the safest route for your child before the first day of class. Try to pick the most direct route, with the fewest street crossings. Next, walk the route with your child so it becomes familiar. Finally, tell your child to take a familiar route every day.
- Teach your child about all traffic markings. For instance, explain that a flashing "walk" sign is not an automatic "go" signal.
- Direct your child to cross the street at corners or crosswalks, *not* from between parked cars or behind bushes or buses.
- Warn your child to look left, right, and then *left again* before crossing the street.

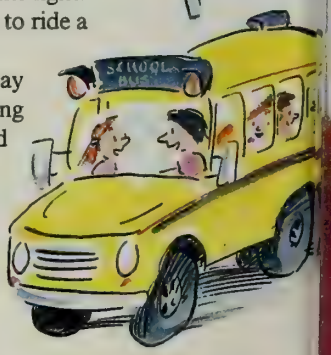


KIDS AND CARS

- Pick children up at a safe spot away from the congestion of cars around the school.
- Make sure kids get out of the car on the sidewalk closest to the school. That way, they don't cross the street. Also, children should always get in and out of the car on the curb side.
- Use seat belts and remove loose or heavy objects in the car that could cause injury if you stop suddenly.

SPINNING WHEELS

- Children need to wear helmets every time they ride a bike.
- Kids should follow the rules of the road that apply to all vehicles.
- Teach children not to ride their bikes at night. Night riding is 20 times as risky as day riding. When night riding can't be avoided, have your child wear reflective clothing—and always use a bike light.
- Don't allow a child under age 8 to ride a bike to school.
- Choose a safe route, which may not be the same as a safe walking route. Young cyclists should avoid streets with a steady flow of fast-moving traffic.
- See to it that your child's school has safe areas for bikers (away from cars and people).



HERE COMES THE BUS

More than 22 million kids ride on a school bus every morning. With the safety of so many at stake, these age-old admonitions are worth repeating to your children:

- Remain seated and keep the aisles clear.
- Do not throw objects.
- Do not shout or distract the driver.
- Keep your head and arms inside the bus.
- Exit after the bus *completely* stops.



STEVE BJÖRKMAN

For the booklet "How To Protect Your Child From Injury," send $1 to National SAFE KIDS Campaign, Dept. BHG, 111 Michigan Ave., NW, —SK1, Washington, DC, 20010. For the magazine *Safe Kids Are No Accident,* send $1 to the above address and designate SK2.

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I'm a big kid now!®



Presenting Pull-Ups® disposable training pants from Huggies. They look and feel like "big kid" pants, yet offer the protection your child needs. Pull-Ups have super-absorbent padding that soaks up wetness and a moisture proof layer to help protect



Pull-Ups have tear-away sides for easy removal in case of messy accidents.

against leakage. Even overnight. When your child is ready, there's nothing like Pull-Ups.



Go on like underwear.
Protect like a diaper.

1991 Kimberly-Clark Corp.

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10 PARENTING RESOLUTIONS FOR THE NEW SCHOOL YEAR

The start of the school year is the perfect time to sit down and draft some resolutions that will help keep your child's education on track. A few simple promises to yourself can put your youngster on the road to achievement in school and in life.

10 PLEDGES FOR PARENTS



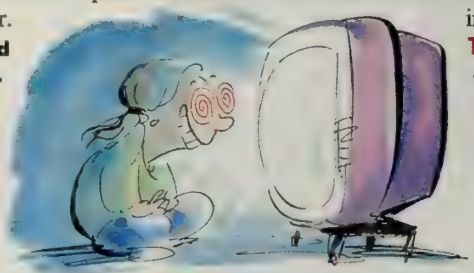
1. I'll stay away from my child's homework. Homework is your *child's* responsibility. Kids should do their homework in a quiet place, away from the family. If your child asks for help, then help, but only if it's truly needed. Otherwise, take care of your work and let your child take care of his or hers. Also, allow the teachers to do their jobs, which include seeing to it that students complete all homework assignments.

2. If my child forgets something, I'm not going to run after the bus. Likewise, if your kid forgets some books at school, don't hop in the car to retrieve them. In this way, your child learns from such mistakes.

3. I'll give some help to my child when needed, but I won't do major projects, even if that means a slightly lower grade. If your child does the best job possible, then whatever the grade, go out and celebrate the rewards of doing one's best work.

4. I won't take my child's side in a dispute with a teacher, even if I think the teacher is being somewhat unfair. If you think the teacher is being extremely unfair, then ask someone else's opinion before meeting with the teacher.

5. I will let my child solve his or her own social problems. Unless the situation is extraordinary, try not to call other parents, or ask the teacher to help. As frustrating as it may be for them, kids need to learn to solve problems with one another on their own.



6. I'll teach my child the Three Rs of respect, responsibility, and resourcefulness, and let the teacher teach the Three Rs of reading, 'riting, and 'rithmetic. That way, teachers do their jobs, and you do yours. Besides, if your child respects teachers, then he or she will pay attention to them. What's more, a child who is willing to accept responsibility will do the best work possible. And, if a youngster is resourceful, there won't be as much giving up when the going gets tough.



STEVE BJORKMAN

7. I won't let my child watch TV or play video games on school nights. These waste precious time and distract kids from more creative activities.

8. I'll enroll my child in after-school activities only if he or she makes a specific request. Even then, don't allow more than one activity at a time. Your recommended activity should be "go outside (or to your room) and find something to do."

9. I won't expect my child to excel, or even be good, at everything. If, for example, your child is an excellent reader, but not as good at math, so be it. The more you accept your child's weaknesses along with his or her strengths, the more self-accepting your child will become.

10. I'll avoid feeling that my child's problems reflect poorly on me. Your child is your child, and you are you.

By John Rosemond

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Brownie Recipe Breakthrough

Baker's® ONE BOWL™ BROWNIES

So chocolatey. So easy. You'll never make ordinary brownies again!



Baker's® Chocolate ONE BOWL™ Brownie Recipe

- 4 squares BAKER'S® Unsweetened Chocolate
- 3/4 cup (1 1/2 sticks) margarine
- 2 cups sugar
- 3 eggs
- 1 teaspoon vanilla
- 1 cup flour
- 1 cup chopped nuts (optional)

1. **HEAT** oven to 350°F.
2. **MICROWAVE** chocolate and margarine in large microwavable bowl at HIGH 2 minutes or until margarine is melted. **Stir until chocolate is completely melted.**
3. **STIR** sugar into chocolate. Mix in eggs and vanilla until well blended. Stir in flour and nuts. Spread in greased 13x9-inch pan.
4. **BAKE** 30 to 35 minutes or until toothpick inserted in center comes out with fudgy crumbs. Cool in pan; cut into squares. Makes 24 fudgy brownies.

Note: When using glass baking dish, bake at 325°F. For cakelike brownies, stir in 1/2 cup milk with eggs; use 1 1/2 cups flour.

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GOOD FOOD/GOOD HEALTH

BY DOROTHY CALDWELL, M.S., R.D.

IT'S NOON. DO YOU KNOW WHAT YOUR KIDS ARE EATING?

When 40 million students ask "What's for lunch?" at school this fall, many will want to hear "burgers and fries." However, a growing number of students and their parents are hoping the answer will be "A variety of foods, high in fiber and low in fat, saturated fat, cholesterol, and sodium."

According to the *Journal of School Health,* children today are generally eating too much fat in their school lunches. It's not surprising when you consider that, in some states, vending-machine snacks (such as 10 percent juice drinks, candy, and chips) outsell the cafeteria's fruits, vegetables, milk, and legumes.

But before you point a finger at schools, remember that the foods children eat at home affect the choices they make in the school lunchroom. Is it realistic to expect kids to eat a midday meal of baked skinless chicken, brown rice, broccoli, whole wheat bread, orange wedges, and skim milk if they're used to eating far different foods for breakfast, dinner, and snacks? The answer is "No, not necessarily."

Nutrition educators say that teaching children how to eat is becoming as important as teaching them math, science, or a foreign language. Getting the nutrition message across to kids must be a combined effort of schools, teachers, and parents. How can you ensure your child eats nutritious foods at school? First, find out what's happening nationally and locally to raise the status of school lunches, then take a few steps yourself.

THE NATIONAL SCHOOL LUNCH PROGRAM

More than 24 million children in 87,000 schools participate in the United States Department of Agriculture's (USDA) National School Lunch Program. The program began in 1946 to ensure that affordable, nutritionally balanced lunches would be available to all children. Participating schools must meet government-approved menu guidelines and must price meals so all students can afford to eat. In return, schools receive some USDA foods and cash subsidies. Additional funds enable children from low-income families to eat lunch free or at a reduced price.

Even though the National School Lunch Program is available in 95 percent of all public schools, only 60 percent of the nation's students choose to participate. The 40 percent who don't (primarily in high schools) usually bring a bag lunch or eat off-campus.

SCHOOL LUNCH CHALLENGES

Many schools are trying to keep pace with changing information on the nutrition needs of children. However, their efforts have been hindered by severe budget cuts, reductions in USDA commodity allowances, major shifts in public policy regarding school lunch, lobbying by special-interest groups, and student preferences for foods high in fat, salt, and sugar.

continued on page 48



—Dorothy Caldwell, M.S., R.D., is Director of Child Nutrition for the Arkansas Department of Education, and Vice President of the American School Food Service Association.



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Del Monte Quality

SCHOOL LUNCHES

continued from page 46

In some states, income from school lunches has eroded because students buy foods sold by student groups and private companies on campus without any nutrition guidelines. Vivian Pilant, R.D., director of the office of school food service for the South Carolina Department of Education, points out that in some cases, schools have to use money from selling high-profit snack foods to subsidize their school lunch programs. She says, "This encourages students to compromise on nutrition by choosing snack foods."

Yet, in the face of challenges from the health community and concerned citizens, national school lunch guidelines are gradually changing to reflect today's concerns about nutrition. For instance, students today can choose to eat: entrées made from leaner meat cuts and poultry, vegetables with less salt, high-fiber breads, low-fat milk, low-fat cheeses, and a greater variety of fresh or canned fruits (packed in juice instead of heavy syrup).

HOW YOU CAN HELP

It's your responsibility to help your children choose foods wisely. Even though you can't walk through the lunch line with them, you can take a few steps to see that they are eating nutritiously during the day.

At school, talk to school administrators to see whether they are providing an environment conducive to good eating. If you'd like an open discussion, request a group meeting with the principal and food service director. Your local Parent-Teacher Association (PTA) may be able to help.

Find out whether your school:

- Participates in the National School Lunch Program, which means nutrition guidelines are being followed.
- Incorporates nutrition education into the teaching curriculum.
- Publishes lunch menus in the newspaper or a newsletter, so you can help your children make choices.
- Features a variety of lunch menus.
- Specifies low-fat, low-cholesterol, low-sodium, high-fiber ingredients when appropriate in ordering foods.
- Provides well-lighted, attractive cafeterias with small tables, so students will enjoy their surroundings.
- Staggers lunch periods to prevent long lines.
- Allows enough time for eating (at least 30 minutes).
- Supervises lunch without requiring students to eat in silence.
- Offers a take-your-parent-to-lunch day so you can sample lunch yourself.
- Supports a voluntary cafeteria advisory committee that you can join.
- Allows only the food service department to sell foods to students.
- If vending machines are available, ask that they offer nutritious choices, such as 100% fruit juice, fruit, milk, and yogurt.

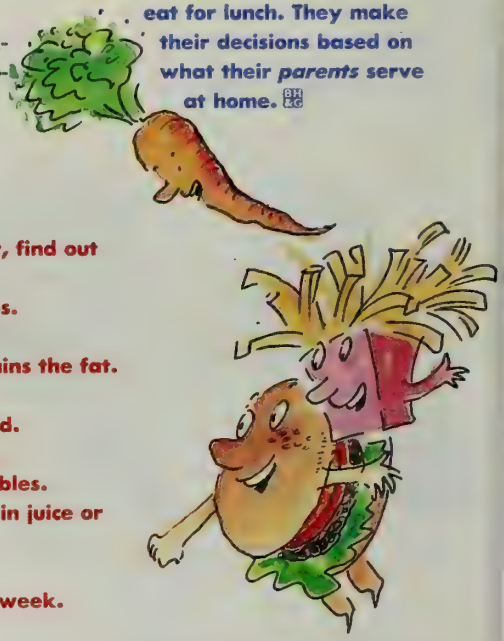
When you're at home:

- Teach children to choose wisely.
- Let your kids make selections from the good choices you provide.
- Set a good example by eating healthful foods yourself.
- Send nutritious snacks, such as raisins, fresh fruit, raw vegetables, or yogurt, to school with your children.
- Pack a lunch if a child does not like eating the lunch provided by the school. Include whole grains, fruits, vegetables, milk, and another source of protein. Be sure to keep hot foods hot and cold foods cold.

WHO INFLUENCES WHAT KIDS EAT FOR LUNCH?

Besides government agencies that oversee the school lunch program, such as the *USDA*, a number of other groups influence what your children may eat for lunch.

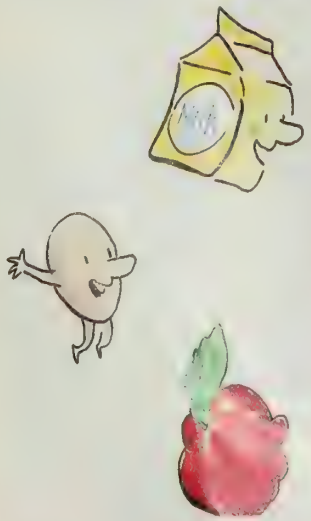
- ***Trade groups* such as the National Soft Drink Association and the dairy industry affect school lunch policies through lobbying.**
- ***Professional groups* such as The American School Food Service Association (ASFSA) and The American Dietetic Association (ADA) work with members to improve the nutritional quality of lunch menus.**
- ***Consumer advocacy groups,* such as The Public Voice for Food and Health Policy, Food Research and Action Center, and The Center for Science in the Public Interest work to initiate changes in school lunches.**
- ***Local school systems,* including boards of education, superintendents, principals, food service directors, and teachers, are responsible for supervising school lunch programs and teaching nutrition to children. They adapt the program to fit the needs of their school.**
- ***Children* ultimately have the final word on choosing the foods they eat for lunch. They make their decisions based on what their *parents* serve at home.**



CAFETERIA POP QUIZ

When you meet with the food service director, find out whether he or she:

- **Trains cooks to follow the Dietary Guidelines.**
- **Orders foods lower in fat, salt, and sugar.**
- **Uses low-fat beef or ground turkey and drains the fat.**
- **Uses skinless chicken.**
- **Limits the number of processed meats served.**
- **Relies on baking instead of deep-fat frying.**
- **Under-cooks rather than over-cooks vegetables.**
- **Provides fresh and/or canned fruit (packed in juice or light syrup) for dessert.**
- **Offers skim or 1-percent-fat milk.**
- **Serves whole-grain breads several times a week.**



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JIM KASCOUTAS

There's plenty of space—when you organize it.

QUICK-AND-EASY KITCHEN RECYCLING CENTER

Sure, you would recycle, but making a trip to the basement or garage to toss every can and bottle is just too much effort. If this is your only excuse for not recycling, we have found just the solution for you.

Minneapolis designer John Sacarelos showed us this clever use of under-sink cabinet space. The project requires only a handsaw and screwdriver, $75 to $150 in hardware, and a few hours.

Cutting the stile. The first step is to carefully cut out the stile between the cabinet doors with a handsaw. The stile is not a structural support. It only serves to provide a seal to close the gap between the two doors. Next, attach the stile with wood screws to the back of one of the doors. Allow the stile to extend beyond the edge of the door so that when both doors are closed, the stile seals the gap. If the backs of your doors have a lip or slot, you'll need to cut a matching slot on the stile before you attach it to the door.

Choosing the hardware. The rolling wire baskets cost $25 to $50 each. To determine width, measure your cabinet from the inside surface of one door to the inside surface of the other. For clearance, give yourself at least an inch between the baskets and an inch between the baskets and the doors.

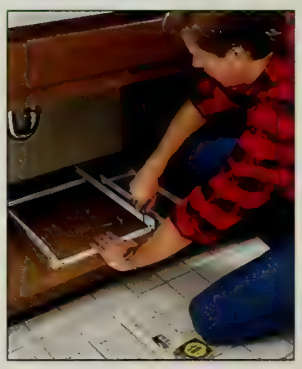
The drainpipes for most sinks come down to within 8 to 12 inches of the floor of the cabinet. In the middle, we used a basket that is just 6 inches tall. It has adequate clearance and easily stores a week's worth of newspapers. If you have a garbage disposal, you may need to use two short baskets, or place a bigger basket in an adjacent cabinet.

Carefully align the tracks for the baskets, and attach the tracks to the base of the cabinets with screws. Drop in the baskets and you're on your way to hassle-free recycling.

ONE, TWO, THREE, RECYCLE!



1. Cut out the center stile between the doors of your sink cabinet. Screw and glue the stile to the back of one of the doors. If your doors have lips, cut a matching lip on the stile.



2. Install the basket tracks. Include an inch for clearance between baskets and between the baskets and the doors. Check operation before you tighten the screws.



3. Drop in the baskets. To clear the sink drain or garbage disposal, you may need to use one or two shorter baskets. Note the stile attached to the back of the cabinet door.

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Everyone deserves a clean home.



Procter & Gamble household cleaners strive to meet the highest standards of environmental safety. • From their very introduction, Mr. Clean, Top Job, Comet, and Spic and Span have all been making life easier with their outstanding cleaning ability. Just as important, since 1965, they've also been carefully formulated with biodegradable cleaning agents. • As part of our continuous commitment to the environment, we've even established our own experimental freshwater stream. Through this facility, environmental scientists assess the safety of product ingredients and how they impact actual rivers and streams. • And we're just as intent with our packaging efforts. Spic and Span Pine is already available in 100% recycled plastic bottles. • Striving to improve the environmental quality of our products is an ongoing process. As we continue to invest in research, our goal remains clear and simple: to make the hardest-working cleaners for your house the safest possible cleaners for everyone's home.



PROCTER & GAMBLE



"Sapphire Wings"

Shown smaller than actual
diameter of 8½ inches
Rimmed in platinum
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Wings that flash like jewels in the sunlight . . . a Bradford Exchange recommendation



Gliding gracefully through the iridescent morning mist, a sapphire-hued butterfly dances with the wind, then settles gently among the orchids, presenting one of nature's most serenely beautiful pageants. "Sapphire Wings," an elegant collector's plate re-creating T. C. Chiu's original painting on lustrous silk is available now – and it looks like a smart buy. Here's why Bradford recommends it:

"Sapphire Wings" is an important first issue – the first plate in the Jewels of the Flowers collection from Edwin M. Knowles China in affiliation with the Bradford Exchange.

It's an impressive work of art, created from an original painting on silk (a subtle and difficult process) by the masterful T. C. Chiu. Attesting to its importance, each plate will be hand-numbered and accompanied by a Certificate of Authenticity.

It has the potential to appreciate in value. The edition of "Sapphire Wings" is limited to a maximum of 150 firing days. Once the edition closes, collectors' demand could exceed the supply of plates and force asking prices up dramatically.

The Bradford Exchange—picking winners since 1973. Worldwide, limited-edition plates are the *only* collectibles traded on an organized exchange. And with offices in the United States and nine foreign countries, Bradford is at the very heart of this exciting international market. That means Bradford analysts can often spot trends in the making.

If, for example, you had followed one of our major recommendations in 1987, you would have bought the first issue in the On Gossamer Wings series (also from an original painting on silk) – a plate that trades at $44.00, up from a $24.50 issue price.* Other recent plates featuring flowers have also made big gains, including the 1988 "Lilacs," now at $89.00, from a $24.50 issue price.

Like any marketplace subject to the laws of supply and demand, the plate market is ever changing. Not all plates go up in value; some go down. But right now, Bradford Exchange analysts rate "Sapphire Wings" as one of the year's top prospects . . . and we'll back up your purchase with our unconditional 365-day guarantee.

To acquire "Sapphire Wings" at its $29.90 issue price – backed by our 365-day guarantee – simply fill out and mail the order form provided. *Send no money now.* You will be billed when your plate is shipped. But don't delay. The time to get "Sapphire Wings" is now – *before* it has a chance to increase in value.

*Reflects last trades on the exchange as reported in the Bradford Exchange Market Report Volume III-6.

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BY AMY ROFFMANN NEW

ELDER CARE
Alternatives to the Nursing Home



Good health is the norm for today's elderly. But when illness or disability does occur, families need to consider all their care options.

Some American women today will spend as much time caring for their aging parents as they did raising their own children, according to a 1987 study. With seniors living longer and healthier lives, the future may tip the balance even further toward responsibility, if not outright care, for their parents.

Social trends point toward increasingly tough choices. In the past, when fewer women worked outside the home, caring for an ill, aging parent was onerous, but less of a scheduling nightmare than it is today. Now, women are likely to find themselves working virtually around the clock, seven days a week.

Another burden arises because couples are having children later than ever before. More and more women (and some men) find themselves caring for young children and an elderly parent at the same time. The phenomenon is so pervasive that it has spawned a new label: the sandwich generation.

Help is arriving just in time for many who find themselves at wits end. More options for elder care exist today than even a few years ago. The odds are good that if some or all of these options aren't available in your community today, they soon will be. Here's a look at the most promising.

CHOICES, CHOICES

Traditionally, elder care fell into two categories: home care provided by an adult child, and round-the-clock care at a nursing home. Both options carry steep costs. Caring for an aging parent can tax even a saintly soul to the limit. Nursing homes can tax the bank account, as well. On average, a stay at a nursing home runs about $75 per day, but can range anywhere from $50 to $400 per day.

Fortunately, today's seniors and their families have less expensive care options. Many of these programs and services are geared toward maintaining the independence of an increasingly active older generation. That's a blessing for both generations. Services can be tailored specifically to the needs and financial resources of the older person and his or her children.

HOME CARE

Most of us, seniors included, want to remain in our own home or apartment as long as possible. Home-based care, when available, offers convenience, a more pleasant setting, and a feeling of independence for many elderly.

- **Homemaking care,** or chore services, offers help with household activities. Meals on Wheels is a home-delivered meal service that has been around for years. More recently, home-care services for seniors have added housekeeping and simple repairs. Many of these services are provided by volunteers free or at a low cost; check with your local Area Agency on Aging for referrals in your town.

Costs: Homemaking home care can cost $10–$30 per hour, depending on the work you need to have done. Most homemaking care services will charge a set monthly fee for routine cleaning and meal services.

- **Transportation services** aid seniors who are not confident about night driving, or just don't want to bother with a car anymore. In many towns and cities, van transportation is available to take seniors shopping, to the doctor, even to the movies. These services are available for a small fee (usually less than a taxi) or may be offered free to disabled seniors.

Costs: Transportation services often charge per ride. Some services have one set fee to any destination, others charge based on how far you travel. Many transportation services are provided free of charge by local civic organizations, governments, or charities.

- **Medical home care** resembles what we once called house calls. A health-care professional—nurse, doctor, physical therapist, home health aide—visits your home to do check-ups, provide medication or therapy, or assist with daily living activities. You might want visits on a regular basis, weekly or monthly. Or you may just need medical home

continued on page 58

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NEW OPTIONS IN ELDER CARE

continued from page 56

care for a period of time. For example, home care following surgery may be less expensive than similar care offered in a hospital. Some insurance plans encourage such home care.

For many patients who need constant attention, home care supplies several choices. Round-the-clock care offers continual, active nursing oversight. Usually, round-the-clock care requires three to five people working in shifts. Because of the expense, this type of care is reserved for the most seriously ill patients.

Live-in care offers a lower-cost alternative. Here, one care provider lives in the house or apartment and is on-call day and night. Live-in care suits patients who need daily help with bathing, dressing, and other activities of daily living. Live-in care also may be appropriate for long-term postoperative recovery, after replacement of an arthritic hip, for example.

Costs: Medical home care costs between $10 and $200 per visit for services from a health-care professional, depending upon the level of care needed and the time involved. Some services are covered by private insurance or Medicare, particularly follow-up care after a hospital stay.

Round-the-clock care, normally requiring more highly skilled personnel, runs $10 to $50 per hour. Live-in care generally costs less, averaging $10 to $20 per hour.

Don't let the apparent high cost of elder care blind you to the options that can cut the outlay dramatically. Many social organizations provide care on a sliding scale or free programs funded by grants.

- **Adult day care** serves seniors who want to live at home, yet crave companionship or need help with daily living activities. These programs also suit patients who need oversight during the day, but are cared for by family members in the evening. Typical programs offer meals, recreational therapy, transportation, and family support groups. Adult day care is usually classified as "medical" or "nonmedical." Medical programs focus first on health care for elders, with less emphasis on activities. Nonmedical programs emphasize activities for elders, with only simple first aid available.

Costs: Most adult day-care programs charge $25 to $100 per week, depending on the community.

- **Intergenerational care** blends adult day care with a children's day-care program. Stride Rite Corporation runs this type of program. "We have the capacity for 55 children and 24 elders," explains Karen Leibold, director of Work and Family Programs at Stride Rite. "During the day, there will be some informal contact between the children and the elders." Activities like painting, baking, and reading are examples of intergenerational contacts at Stride Rite.

Costs: Though not yet widely available, the cost of intergenerational care will likely be comparable to other adult day-care programs.

- **Senior centers** serve healthy elderly who seek companionship, activity, and assistance with such complexities as filling out income tax and insurance forms. Seniors usually drop in as they wish; transportation may be provided.

Costs: Often free, with small charges for some services.

ASSISTED LIVING

These programs let frail seniors live in their own rooms or suites, while providing a range of services in a communal setting. "Assisted living facilities pride themselves on promoting elder dignity and independence," says Carol Fraser Fisk, executive director of the Assisted Living Facilities Association of America. Typically, assisted living is a middle ground for elders who need daily assistance, but don't need full-time skilled nursing care.

- **Board-and-care homes** are the simplest form of assisted living care. Typically, one to six elders live in boardinghouse style, where the "landlord" sees to meals and housekeeping. Such simple health-care needs as help with bathing and making sure medication is taken on schedule can be attended to in most board-and-care homes.

Costs: Board-and-care homes range from $200 to $1,000 per month, depending on the amenities and services offered.

- **Assisted-living centers,** usually larger than board-and-care homes, lie somewhere between a hotel and a nursing home, with varying levels of personalized care delivered in a homelike setting. Seniors live in their own private or semiprivate units and receive three meals a day. They can participate in activities, and receive medical supervision and help with daily living as needed. Note: Not all assisted-living centers accept incontinent individuals, though the number that do is growing. Some centers even offer conveniences such as a grocery store, a beauty shop, or a movie theater built into the complex.

Costs: Full-service centers may cost from $300 to $2,000 per month and up, depending on the luxury of the facility you choose.

FINANCING OPTIONS

Don't let the apparent high cost of elder care blind you to the options that can cut the price tag dramatically. Many social organizations provide low-cost or no-cost care. Other organizations and companies price their services on a sliding scale adjusted to an individual's resources. Finally, there are free programs funded by state and federal grants. Corporations are getting into the act by subsidizing elder-care programs for their employees. The Administration on Aging recently unveiled its plan for the Elder Care Corps, a group of volunteers who provide elder care in their own communities.

Medicare does cover some aspects of elder care, mostly

continued on page 62



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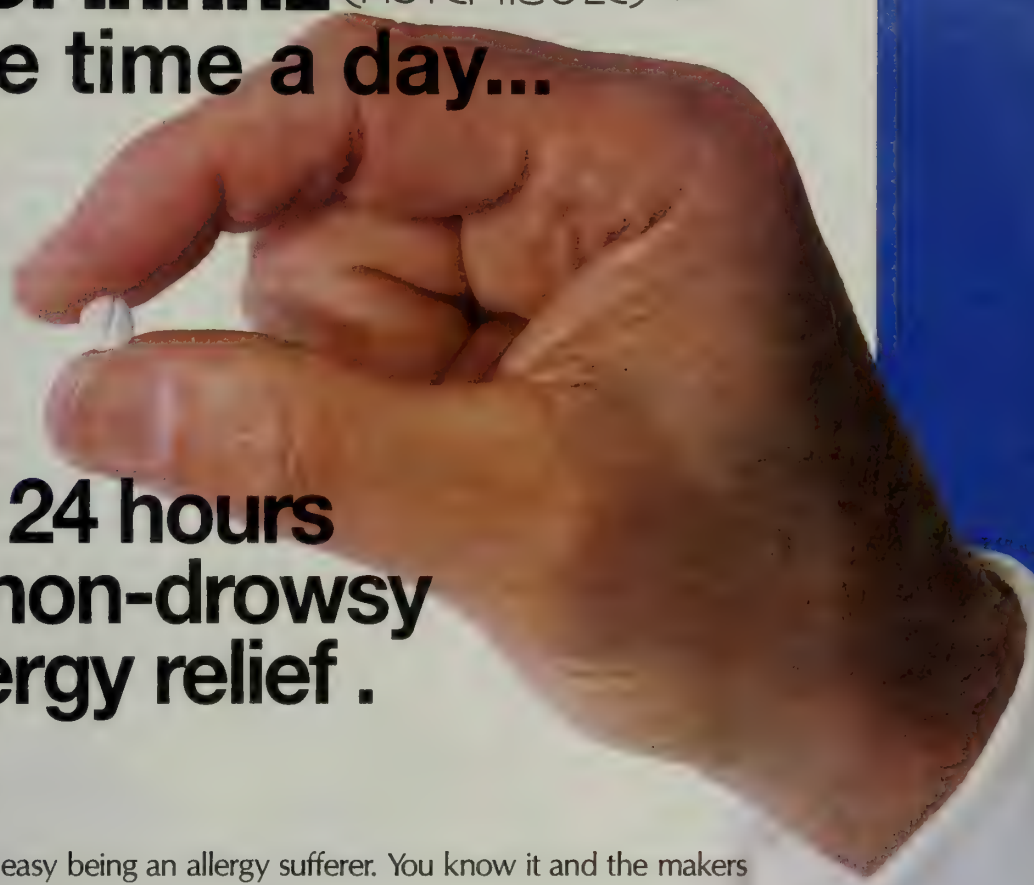
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HISMANAL® is an advanced prescription medicine for allergy sufferers. Advanced because it's the first and only allergy medicine to give 24-hour relief from your runny nose, itchy eyes and sneezing. Yet HISMANAL® won't leave you feeling drowsy or jittery like some allergy medicines. With HISMANAL®, your allergy symptoms are relieved and you feel like your normal self.

And HISMANAL® hasn't been shown to lose its effectiveness over time. You keep enjoying the same advanced 24-hour relief every time you take it.

So talk to your doctor about HISMANAL®. Ask questions. Find out if 24-hour non-drowsy relief could make a difference in your life.

It could, you know.

*The reported incidence of drowsiness with HISMANAL® (7.1%) in clinical studies involving more than 1,600 patients did not differ significantly from that reported in patients receiving placebo (6.4%).

Please see brief summary of prescribing information on next page. *©Janssen Pharmaceutica Inc. 1991*

THE FIRST 24 HOUR ALLERGY RELIEVER.

Once-a-day

HISMANAL®
(ASTEMIZOLE) 10mg Tablets

Before prescribing, please consult complete prescribing information of which the following is a brief summary

DESCRIPTION: HISMANAL® (astemizole) is a histamine H_1-receptor antagonist available in scored white tablets for oral use

CONTRAINDICATIONS: HISMANAL is contraindicated in patients with known hypersensitivity to astemizole or any of the inactive ingredients

PRECAUTIONS: General: Caution should be given to potential anticholinergic (drying) effects in patients with lower airway diseases, including asthma Caution should be used in patients with cirrhosis or other liver diseases (See Clinical Pharmacology section) HISMANAL does not appear to be dialyzable Caution should also be used when treating patients with renal impairment

Information for Patients: Patients taking HISMANAL should receive the following information and instructions Antihistamines are prescribed to reduce allergic symptoms. Patients should be questioned about pregnancy or lactation before starting HISMANAL therapy, since the drug should be used in pregnancy or lactation only if the potential benefit justifies the potential risk to fetus or baby (see Pregnancy subsection) Patients should be instructed 1) to take HISMANAL only as needed, 2) not to exceed the prescribed dose, and 3) to take HISMANAL on an empty stomach, e.g., at least 2 hours after a meal No additional food should be taken for at least 1 hour post-dosing Patients should also be instructed to store this medication in a tightly closed container in a cool, dry place, away from heat or direct sunlight, and away from children.

Carcinogenesis, Mutagenesis, Impairment of Fertility: Carcinogenic potential has not been revealed in rats given 260x the recommended human dose of astemizole for 24 months, or in mice given 400x the recommended human dose for 18 months. Micronucleus, dominant lethal, sister chromatid exchange and Ames tests of astemizole have not revealed mutagenic activity Impairment of fertility was not observed in male or female rats given 200x the recommended human dose

Pregnancy: Pregnancy Category C: Teratogenic effects were not observed in rats administered 200x the recommended human dose or in rabbits given 200x the recommended human dose Maternal toxicity was seen in rabbits administered 200x the recommended human dose Embryocidal effects accompanied by maternal toxicity were observed at 100x the recommended human dose in rats Embryotoxicity or maternal toxicity was not observed in rats or rabbits administered 50x the recommended human dose There are no adequate and well controlled studies in pregnant women. HISMANAL should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus Metabolites may remain in the body for as long as 4 months after the end of dosing calculated on the basis of 6 times the terminal half-life (See Clinical Pharmacology section)

Nursing Mothers: It is not known whether this drug is excreted in human milk Because certain drugs are known to be excreted in human milk, caution should be exercised when HISMANAL is administered to a nursing woman HISMANAL is excreted in the milk of dogs

Pediatric Use: Safety and efficacy in children under 12 years of age has not been demonstrated

ADVERSE REACTIONS: The reported incidences of adverse reactions listed in the following table are derived from controlled clinical studies in adults In these studies the usual maintenance dose of HISMANAL® (astemizole) was 10 mg once daily

	Percent of Patients Reporting		
	Controlled Studies*		
ADVERSE EVENT	Hismanal (N=1630) %	Placebo (N=1109) %	Classical** (N=304) %
Central Nervous System			
Drowsiness	7 1	6 4	22 0
Headache	6 7	9 2	3 3
Fatigue	4.2	1.6	11 8
Appetite increase	3 9	1 4	0 0
Weight increase	3.6	0 7	1 0
Nervousness	2 1	1 2	0 3
Dizzy	2.0	1.8	1 0
Gastrointestinal System			
Nausea	2.5	2 9	1 3
Diarrhea	1 8	2 0	0 7
Abdominal pain	1 4	1 2	0 7
Eye, Ear, Nose, and Throat			
Mouth dry	5 2	3 8	7 9
Pharyngitis	1 7	2 3	0 3
Conjunctivitis	1 2	1 2	0 7
Other			
Arthralgia	1 2	1 6	0 0

*Duration of treatment in Controlled Studies ranged from 7 to 182 Days
**Classical Drugs: Clemastine (N=137); Chlorpheniramine (N=100); Pheniramine Maleate (N=47); d-Chlorpheniramine (N=20)

Adverse reaction information has been obtained from more than 7500 patients in all clinical trials Weight gain has been reported in 3 6% of astemizole treated patients involved in controlled studies, with an average treatment duration of 53 days In 46 of the 59 patients for whom actual weight gain data was available the average weight gain was 3 2 kg Less frequently occurring adverse experiences reported in clinical trials or spontaneously from marketing experience with HISMANAL include angioedema, bronchospasm, depression, edema, epistaxis, myalgia, palpitation, photosensitivity, pruritus, and rash Marketing experiences include isolated cases of convulsions A causal relationship with HISMANAL has not been established

OVERDOSAGE: In the event of overdosage, supportive measures including gastric lavage and emesis should be employed Cases of overdose have been reported from foreign marketing experience Although overdoses of up to 500 mg have been reported with no ill effects, cases of serious ventricular arrhythmias, including Torsades de pointes, following overdoses of greater than 200 mg have been reported Patients should be carefully observed and ECG monitoring is recommended in cases of suspected overdose An appropriate antiarrhythmic treatment may be needed HISMANAL does not appear to be dialyzable Care should be taken not to exceed dosing recommended in the DOSAGE AND ADMINISTRATION section Oral LD_{50} values for HISMANAL were 2052 mg/kg in mice and 3154 mg/kg in rats In neonatal rats, the oral LD_{50} was 905 mg/kg in males and 1235 mg/kg in females

NDC 50458-510-01 (10 × 10 blister) NDC 50458-510-10 (100 tablets)
Store tablets at room temperature (59°-86°F) (15°-30°C) Protect from moisture

JANSSEN PHARMACEUTICA

December 1988
U.S. Patent 4,219,559
1P41N98A-M

40 Kingsbridge Road Piscataway, NJ 08855-3998

NEW OPTIONS IN ELDER CARE

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medical services after a hospitalization. But even Medicare is taking a closer look at elder care. A demonstration project is under way to determine the cost-effectiveness of providing more Medicare-paid services for elder care.

HELP FOR CARE GIVERS

Caring for your senior relatives can be stressful under the best of circumstances. With both spouses working in many families, providing elder care while keeping up with your own kids and work responsibilities can be draining. Before your nerves stretch to the breaking point, investigate these ways to ease your burden:

- **Respite care** is "any service that gives families temporary relief from ongoing care giving," according to Elaine Brody, DSC, MSW, author of *Women in the Middle: Their Parent Care Years* (Springer Publishing, $29.95). Taking an occasional break is good for the emotional health of the care giver—an essential time to recharge the batteries.
- **Support groups** share experiences and ideas for overcoming seemingly insurmountable problems. For some health problems, such as Alzheimer's, there are single-focus support groups.
- **Corporate elder-care support** continues to grow. Some businesses offer help as part of their employee-assistance program. In order to keep women in the work force, employers have found that they need to get involved in issues like elder care, according to Michael Creedon, president of the Creedon Group, an elder-care consulting firm.

Stride Rite offers on-site elder care, Remington Products Inc. has a respite care program, and IBM provides referrals to family-care. Check on availability with your firm's human resources department.

- **Geriatric-care managers** serve the needs of grown children living far from their parents. According to Laury Adsit, executive director of the National Association of Private Geriatric Care Managers, care managers can perform a variety of services. They make regular visits or can be available to handle those things that must be dealt with between 9 and 5.

In many cases, care managers act just as you would if you lived nearby or had more time to arrange transportation, schedule doctor or home-care visits, and evaluate the senior's needs to stay independent. In addition, care managers have access to resources that you might not know about.

A geriatric care manager may charge a monthly fee or by the hour for the services he or she performs. Generally, care managers charge $40 to $150 per hour for their services.

BEFORE YOU SIGN UP

Don't settle on any care program until you have inspected the facilities personally and checked over a copy of the contract, if any. Ask if the service is licensed or registered with the state. Most states require some type of registration for elder-care services, but requirements vary. Also inquire about the qualifications of the staff members and find out whether they belong to professional organizations that test their skills. Your local Area Agency on Aging may be able to help with referrals to programs in your area.

FOR MORE INFORMATION

- National Institute of Adult Daycare, National Council on the Aging, Dept. BHG, 409 Third St., SW, 2nd Floor, Washington, DC 20024, 202/479-1200.
- Children of Aging Parents, Dept. BHG, 1609 Woodbourne Rd., Ste 302A, Woodbourne Office Campus, Levittown, PA 19057, 215/945-6900. Include $1 plus a SASE.
- National Association of Private Geriatric Care Managers, Dept. BHG, 655 N. Alvernon, Suite 108, Tucson, AZ 85711.
- National Association for Home Care, 519 C St., NW, Washington, DC 20002, 202/547-7424.
- Assisted Living Facilities Association of America, Dept. BHG, 10322 Blake Lane, Oakton, VA 22124, 703/242-0808.
- Your Area Agency on Aging or the Administration on Aging, U.S. Department of Health & Human Services, Dept. BHG, 330 Independence Ave., SW, Washington, DC 20201.

HEALTH UPDATE

MEDICAL NEWS YOU CAN USE



STEVE BJORKMAN

EAT AND LOSE WEIGHT

Cutting fat, not calories, is the key

Dieters who reduce their fat intake will likely lose weight, even if they don't count calories. A Cornell University study of 13 women sheds this light on shedding excess pounds.

During the 22-week study, the women were allowed to eat as much as they wanted of meals provided by Cornell nutritionists; even take-out snacks were supplied by the researchers. One meal plan averaged 37 percent of its calories from fat, about average for Americans. The low-fat plan provided only 25 percent of its calories in the form of fat. During the course of the study, some of the women spent either part or all of the time on the low-fat plans; the others stuck with higher-fat meals.

When all the results were in, the scales tipped decidedly in favor of the low-fat plan. Weight loss among women on that plan averaged a slow but steady half pound a week. The control group's weight remained steady.

According to lead researcher David Levitsky, Ph.D., the study punctures two myths prevalent among dieters: ● First, he says, calorie counting and portion control aren't needed to lose weight; restricting fat is enough.

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OBVIOUSLY, THERE ARE A NUMBER OF WAYS TO CUT OUT FAT AND CHOLESTEROL WITH EGG BEATERS®.

And each is more delicious than the last. But no matter how you serve Egg Beaters there are a few things that never change. Egg Beaters are zero cholesterol, zero fat and 99% real egg. A statement no other egg alternative can make. Which is why we can also make this statement: Egg Beaters aren't just an alternative to eggs, they're an improvement.

THE HEALTHIER EGG™



EGG BEATERS® RECIPE BOOK OFFER

OVER 50 EASY, DELICIOUS AND HEALTHY RECIPES.

For a copy of "Eating to your heart's content, II" Recipe Book fill in and send this certificate plus $1.00 to:
EGG BEATERS RECIPE BOOK
P.O. Box 7140
Clinton, Iowa 52736



Only one request per household, group or organization, and only one request per envelope. Offer good in U.S. only. Offer void where prohibited, taxed or restricted by law. Send check or money order. Please do not send cash. Allow 8 weeks for delivery. **OFFER EXPIRES DEC. 31, 1991.**

NABISCO BRANDS

NAME

ADDRESS

CITY STATE ZIP

HEALTH UPDATE

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● Second, people on low-fat diets don't automatically compensate by eating staggering amounts of other foods. While they may eat more carbohydrates or protein, the increase isn't usually enough to offset the loss of calories from fat.

HEARTFELT HELP EASES LABOR

Emotional support slices cesarean rate

Time-tested attention and support can have profound medical effects, even in today's high-tech hospitals. New research found that pairing a woman in labor with an experienced, supportive partner reduced the cesarean rate by more than half compared to women who had no such support. Also, the group paired with partners had fewer forceps deliveries, and were less likely to use epidural anesthesia or labor-speeding drugs.

John Kennell, M.D., of Case Western Reserve University in Cleveland, led the study. On a random basis, specially trained women called *doulas* were assigned to remain by the bedside of a woman in labor. The *doulas*, all of whom had experienced uncomplicated vaginal deliveries, comforted their partner, explaining what was happening at each stage of labor, holding her hand or massaging her back. For comparison purposes, the research team monitored the progress of women who labored without the support of a partner. In all cases, the women in the study were expected to have normal, uncomplicated labor and delivery of their first baby.

Dr. Kennell points out that his study can't automatically be expected to apply equally well to the support and coaching provided by male partners of laboring women. Men, for example, tend to spend less time with their partners than the *doulas* did. Men also spend much less time touching their partners. Finally, no man can in all honesty say, "I know what you're going through."

Although studies aren't in yet on the effects of male partners on labor, mothers and fathers agree that it is important for him to be present during labor, notes Dr. Kennell.



MEDICAL MAILBOX

Free for the asking

● At the dinner table, kids say (and do) the darnest things. Some kids refuse to try new foods. Others seem to thrive solely on peanut butter and jelly sandwiches day after day. If you're concerned about these problems, or if you have other questions about food and children, you'll find answers and advice in a new brochure. Send a SASE (business-size) to: "Feeding Kids Right Isn't Always Easy," Dept. BHG, American Academy of Pediatrics, P.O. Box 927, Elk Grove Village, IL 60009-0927.

● Breast self-exams, performed regularly, can detect cancerous lumps in early, more treatable stages. A new card, designed to be hung from your shower head, shows how to perform the exam. Rather than the usual drawings, however, this one uses clear color photographs to explain each step. Send an SASE to: First Response BSE Card, Dept. BHG, P.O. Box 562, Gibbstown, NJ 08027.

● Yo! Teens who think the 50-yard dash is a run for the refrigerator during a commercial: Check out this new brochure on adolescent fitness. You'll find information about heart-healthy exercise, nutrition, the five components of fitness, and a host of other topics. Send an SASE (business-size) to "Better Health Through Fitness," American Academy of Pediatrics, Dept. BHG, P.O. Box 927, Elk Grove Village, IL 60009-0927.

MEASLES VERSUS SNIFFLES

Vaccination study raises questions

Some kids who ought to be protected from measles aren't—but not because their parents or doctor were negligent. A new study suggests that getting the measles vaccine during a cold leaves one in five children unprotected.

Marvin Krober, M.D., of the Madigan Army Medical Center in Tacoma, Washington, led the research. Among healthy infants receiving the vaccine, protection was almost 100 percent. But in 21 percent of infants with a cold (or other non-fever-producing upper respiratory infections), the vaccination didn't take. Their bodies didn't respond by making the antibodies that fight off future infections.

But that doesn't mean you should automatically cancel your baby's vaccination simply because of a cold. Responding to the study, immunization expert Georges Peter, M.D., notes that most children with colds do gain protection, or will get it from later shots. To delay vaccination could mean forgetting about it completely.

Concerned? Your best course of action is to talk to your child's doctor.

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EVERYTHING YOU ASKED FOR IN A PATCH.

Minitran is the smallest transdermal nitroglycerin patch ever made. It's thin, flexible, clear and hardly noticeable. It stays on until you take it off, even in the shower or when swimming. **And it should cost less than your current brand.***

People preferred Minitran more than 2 to 1 over Transderm-Nitro® and Nitro-Dur® in a survey of nitroglycerin patch wearers.†

Want to know if Minitran is right for you? Ask your doctor or pharmacist.

MINITRAN™
(nitroglycerin)
TRANSDERMAL DELIVERY SYSTEM
0.1 MG/HR, 0.2 MG/HR, 0.4 MG/HR, 0.6 MG/HR

Preferred more than 2 to 1 over Transderm-Nitro and Nitro-Dur.

All transdermal nitroglycerin products are being marketed pending final evaluation of effectiveness by the FDA.

*The current published average wholesale price for Minitran is less than that of Transderm-Nitro and Nitro-Dur. Retail pricing may vary from community to community and may affect cost savings to the patient. Transderm-Nitro is a registered trademark of Ciba Pharmaceutical Company; Nitro-Dur, of Key Pharmaceuticals, Inc.

†*Clinical Therapeutics,* Vol. 11, No. 1, 1989, pp 15-31.

Please see adjacent page for summary of prescribing information.

Minitran is not available in Canada and Mexico.

Innovation working for you™

3M Pharmaceuticals
3M Health Care

3M

MINITRAN™
(nitroglycerin)
Transdermal Delivery System

BRIEF SUMMARY

INDICATIONS AND USAGE

This drug product has been conditionally approved by the FDA for the prevention of angina pectoris due to coronary artery disease. Tolerance to the anti-anginal effects of nitrates (measured by exercise stress testing) has been shown to be a major factor limiting efficacy when transdermal nitrates are used continuously for longer than 12 hours each day. The development of tolerance can be altered (prevented or attenuated) by use of a noncontinuous (intermittent) dosing schedule with a nitrate-free interval of 10-12 hours. Controlled clinical trial data suggest that the intermittent use of nitrates is associated with decreased exercise tolerance in comparison to placebo, during the last part of the nitrate-free interval, the clinical relevance of this observation is unknown, but the possibility of increased frequency or severity of angina during the nitrate-free interval should be considered. Further investigations of the tolerance phenomenon and best regimen are ongoing. A final evaluation of the effectiveness of the product will be announced by the FDA.

CONTRAINDICATIONS: Allergic reactions to organic nitrates are extremely rare, but they do occur. Nitroglycerin is contraindicated in patients who are allergic to it. Allergy to the adhesives used in nitroglycerin patches has also been reported, and it similarly constitutes a contraindication to the use of this product. **WARNINGS:** The benefits of transdermal nitroglycerin in patients with acute myocardial infarction or congestive heart failure have not been established. If one elects to use nitroglycerin in these conditions, careful clinical or hemodynamic monitoring must be used to avoid the hazards of hypotension and tachycardia. A cardioverter/defibrillator should not be discharged through a paddle electrode that overlies a MINITRAN patch. The arcing that may be seen in this situation is harmless in itself, but it may be associated with local current concentration that can cause damage to the paddles and burns to the patient. **PRECAUTIONS: General:** Severe hypotension, particularly with upright posture, may occur with even small doses of nitroglycerin. This drug should therefore be used with caution in patients who may be volume depleted or who, for whatever reason, are already hypotensive. Hypotension induced by nitroglycerin may be accompanied by paradoxical bradycardia and increased angina pectoris. Nitrate therapy may aggravate the angina caused by hypertrophic cardiomyopathy. As tolerance to other forms of nitroglycerin develops, the effect of sublingual nitroglycerin on exercise tolerance, although still observable, is somewhat blunted. In industrial workers who have had long-term exposure to unknown (presumably high) doses of organic nitrates, tolerance clearly occurs. Chest pain, acute myocardial infarction, and even sudden death have occurred during temporary withdrawal of nitrates from these workers, demonstrating the existence of true physical dependence. Several clinical trials in patients with angina pectoris have evaluated nitroglycerin regimens which incorporated a 10-12 hour nitrate-free interval. In some of these trials, an increase in the frequency of anginal attacks during the nitrate-free interval was observed in a small number of patients. In one trial, patients demonstrated decreased exercise tolerance at the end of the nitrate-free interval. Hemodynamic rebound has been observed only rarely, on the other hand, few studies were so designed that rebound, if it had occurred, would have been detected. The importance of these observations to the routine, clinical use of transdermal nitroglycerin is unknown. **Information for Patients:** Daily headaches sometimes accompany treatment with nitroglycerin. In patients who get these headaches, the headache may be a marker of the activity of the drug. Patients should resist the temptation to avoid headaches by altering the schedule of their treatment with nitroglycerin, since loss of headache may be associated with simultaneous loss of anti-anginal efficacy. Treatment with nitroglycerin may be associated with lightheadedness on standing, especially just after rising from a recumbent or seated position. This effect may be more frequent in patients who have also consumed alcohol. After normal use, there is enough residual nitroglycerin in discarded patches that they are a potential hazard to children and pets. A patient leaflet is supplied with the systems. **Drug Interactions:** The vasodilating effects of nitroglycerin may be additive with those of other vasodilators. Alcohol, in particular, has been found to exhibit additive effects of this variety. **Carcinogenesis, Mutagenesis, and Impairment of Fertility:** No long-term animal studies have examined the carcinogenic or mutagenic potential of nitroglycerin. Nitroglycerin's effect upon reproductive capacity is similarly unknown. **Pregnancy Category C:** Animal reproduction studies have not been conducted on nitroglycerin. It is also not known whether nitroglycerin can cause fetal harm when administered to a pregnant woman or whether it can affect reproductive capacity. Nitroglycerin should be given to a pregnant woman only if clearly needed. **Nursing Mothers:** It is not known whether nitroglycerin is excreted in human milk. Because many drugs are excreted in human milk, caution should be exercised when nitroglycerin is administered to a nursing woman. **Pediatric Use:** Safety and effectiveness in children have not been established. **ADVERSE REACTIONS:** Adverse reactions to nitroglycerin are generally dose-related, and almost all of these reactions are the result of nitroglycerin's activity as a vasodilator. Headache, which may be severe, is the most commonly reported side effect. Headache may be recurrent with each daily dose, especially at higher doses. Transient episodes of lightheadedness, occasionally related to blood pressure changes, may also occur. Hypotension occurs infrequently, but in some patients it may be severe enough to warrant discontinuation of therapy. Syncope, crescendo angina, and rebound hypertension have been reported but are uncommon. Extremely rarely, ordinary doses of organic nitrates have caused methemoglobinemia in normal-seeming patients. Methemoglobinemia is so infrequent at these doses that further discussion of its diagnosis and treatment is deferred (see **Overdosage**). Application-site irritation may occur but is rarely severe. In two placebo-controlled trials of intermittent therapy with nitroglycerin patches at 0.2 to 0.8 mg/hr, the most frequent adverse reactions among 307 subjects were as follows:

	placebo	patch		placebo	patch
headache	18%	63%	hypotension and/or syncope	0%	4%
lightheadedness	4%	6%	increased angina	2%	2%

OVERDOSAGE: Hemodynamic Effects: The ill effects of nitroglycerin overdose are generally the results of nitroglycerin's capacity to induce vasodilatation, venous pooling, reduced cardiac output, and hypotension. These hemodynamic changes may have protean manifestations, including increased intracranial pressure, with any or all of persistent throbbing headache, confusion, and moderate fever; vertigo, palpitations, visual disturbances, nausea and vomiting (possibly with colic and even bloody diarrhea); syncope (especially in the upright posture); air hunger and dyspnea, later followed by reduced ventilatory effort; diaphoresis, with the skin either flushed or cold and clammy; heart block and bradycardia; paralysis; coma; seizures; and death. Laboratory determinations of serum levels of nitroglycerin and its metabolites are not widely available, and such determinations have, in any event, no established role in the management of nitroglycerin overdose. No data are available to suggest physiological maneuvers (e.g., maneuvers to change the pH of the urine) that might accelerate elimination of nitroglycerin and its active metabolites. Similarly, it is not known which — if any — of these substances can usefully be removed from the body by hemodialysis. No specific antagonist to the vasodilator effects of nitroglycerin is known, and no intervention has been subject to controlled study as a therapy of nitroglycerin overdose. Because the hypotension associated with nitroglycerin overdose is the result of venodilatation and arterial hypovolemia, prudent therapy in this situation should be directed toward increase in central fluid volume. Passive elevation of the patient's legs may be sufficient, but intravenous infusion of normal saline or similar fluid may also be necessary. The use of epinephrine or other arterial vasoconstrictors in this setting is likely to do more harm than good. In patients with renal disease or congestive heart failure, therapy resulting in central volume expansion is not without hazard. Treatment of nitroglycerin overdose in these patients may be subtle and difficult, and invasive monitoring may be required. **Methemoglobinemia:** Nitrate ions liberated during metabolism of nitroglycerin can oxidize hemoglobin into methemoglobin. Even in patients totally without cytochrome b_5 reductase activity, however, and even assuming that nitrate moieties of nitroglycerin are quantitatively applied to oxidation of hemoglobin, about 1 mg/kg of nitroglycerin should be required before any of these patients manifests clinically significant (≥10%) methemoglobinemia. In patients with normal reductase function, significant production of methemoglobin should require even larger doses of nitroglycerin. In one study in which 36 patients received 2-4 weeks of continuous nitroglycerin therapy at 3.1 to 4.4 mg/hr, the average methemoglobin level measured was 0.2%, this was comparable to that observed in parallel patients who received placebo. Notwithstanding these observations, there are case reports of significant methemoglobinemia in association with moderate overdoses of organic nitrates. None of the affected patients had been thought to be unusually susceptible. Methemoglobin levels are available from most clinical laboratories. The diagnosis should be suspected in patients who exhibit signs of impaired oxygen delivery despite adequate cardiac output and adequate arterial pO_2. Classically, methemoglobinemic blood is described as chocolate brown, without color change on exposure to air. When methemoglobinemia is diagnosed, the treatment of choice is methylene blue, 1-2 mg/kg intravenously. **DOSAGE AND ADMINISTRATION:** The suggested starting dose is between 0.2 mg/hr* and 0.4 mg/hr*. Doses between 0.4 mg/hr* and 0.8 mg/hr* have shown continued effectiveness for 10-12 hours daily for at least one month (the longest period studied) of intermittent administration. Although the minimum nitrate-free interval has not been defined, data show that a nitrate-free interval of 10-12 hours is sufficient. Thus, an appropriate dosing schedule for nitroglycerin patches would include a daily patch-on period of 12-14 hours and a daily patch-off period of 10-12 hours. Although some well-controlled clinical trials using exercise tolerance testing have shown maintenance of effectiveness when patches are worn continuously, the large majority of such controlled trials have shown the development of tolerance (i.e., complete loss of effect) within the first 24 hours after therapy was initiated. Dose adjustment, even to levels much higher than generally used, did not restore efficacy.

HOW SUPPLIED

MINITRAN System Rated Release In Vivo	System Size	Total Nitroglycerin in System	NDC Number
0.1 mg/hr*	3.3 cm²	9 mg	NDC-0089-0301-03
0.2 mg/hr*	6.7 cm²	18 mg	NDC 0089-0302-03
0.4 mg/hr*	13.3 cm²	36 mg	NDC-0089-0303-03
0.6 mg/hr*	20.0 cm²	54 mg	NDC-0089-0304-03

MINITRAN Transdermal Delivery System, 0.1 mg/hr, 0.2 mg/hr, 0.4 mg/hr, 0.6 mg/hr, is available in cartons of 33 patches.

CAUTION: Federal law prohibits dispensing without prescription.

*Release rates were formerly described in terms of drug delivered per 24 hours. In these terms, the supplied MINITRAN systems would be rated at 2.5 mg/24 hours (0.1 mg/hr), 5 mg/24 hours (0.2 mg/hr), 10 mg/24 hours (0.4 mg/hr), and 15 mg/24 hours (0.6 mg/hr).

NTR-4 BS APRIL 1990

3M Pharmaceuticals
3M Health Care
St. Paul, Minnesota 55144-1000

3M

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HEALTH UPDATE

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JAVA TRENDIES TAKE NOTE

New-style brew poses risk

In their unceasing quest for that perfect cup, coffee aficionados are turning to the east. Scandinavian boiled coffee (yes, you read it right) has finally made it across the North Atlantic. The trouble is, this java makes your cholesterol jump. Dutch researchers discovered the effect, apparently caused by fat released during brewing.



But fear not, for science has come to the rescue of unrepentant coffee lovers. The same researchers report that you can remove the offending material by pouring the coffee through an ordinary paper coffee filter, the kind used in automatic drip machines.

Whew!

STRAIGHT TALK ABOUT IMPOTENCE

Usually, it's not all in your head

Only 5 percent of impotent men seek help, according to Sheldon Burman, M.D., director of the Male Sexual Dysfunction Institute in Chicago. That's despite the fact that treatment is successful in the majority of cases. Dr. Burman claims a 90 percent success rate for patients at the MSD Institute.

A prevalent myth is that most impotence can be laid to psychological causes. While it is true that stress and anxiety often lead to the problem, Dr. Burman argues that physical causes lie behind the majority of cases. Leading factors include:

- Diseases like diabetes and hardening of the arteries
- Medicines and other drugs; nicotine, alcohol, and steroids are common examples
- Overall poor health; being out of

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• Hand-painted fine bisque porcelain

Shown smaller than actual size of 16½" (Standing)

Mommy, PLEASE can I keep him?

HEALTH UPDATE

continued from page 66

shape, eating poorly, and getting too little sleep are all known risk factors for impotence.

The MSD Institute runs a hot line for anyone with questions about impotence. Callers pay only the regular long-distance rate for the service, which is available 24 hours a day, Sunday through Friday. The number is: 312/725-7722.

LISTEN TO YOUR EARS

They may be signaling heart woes

Do you have a diagonal crease running through your earlobe? If so, your odds of having a heart attack are greater than average. That's the startling finding of a recently completed eight-year-long study of people aged 54 to 72.

William Elliot, M.D., Ph.D., of the



University of Chicago followed four groups of patients:

- Group one had creases plus evidence of heart disease when the study began; this group had the highest death rate over the eight years.
- Group two also had creases, but no signs of heart disease; this group had the second highest death rate.
- Third highest death rate fell to the group without creases but with heart disease signs.
- The lowest death rate was among people without creases or signs of heart disease.

Dr. Elliot counsels against panic just because you have the telltale creases, or becoming complacent because you don't. The creases aren't infallible indicators by any means. But he does suggest that those who are marked consider reducing other risk factors, such as smoking, high blood pressure, and elevated cholesterol levels.

Perhaps the ultimate question raised by this study is: Why should the creases signal potential heart problems? As yet, there is no clear answer. Some have suggested that the creases accompany weight gain, which is tied to heart disease. Dr. Elliott suspects the link lies in physical similarities between heart arteries and those supplying the earlobe. Whatever the reason, the message of the creases is one worth listening to.



ONCE IS NOT FOREVER

Penicillin allergies fade for many

Just because you've had a reaction to penicillin doesn't mean you are allergic to the antibiotic for life. In fact, 80 percent of people who claim to be allergic can take the drug without risk. That's an important finding because some infections are best treated with penicillin.

This news comes courtesy of N. Franklin Adkinson, M.D., an allergy specialist at The Johns Hopkins Asthma and Allergy Center in Baltimore. In studies conducted by Dr. Adkinson, 10 percent of Americans classify themselves as allergic to penicillin. Often, that assessment was made on the basis of a single reaction occurring many years ago. (Common allergy symptoms include a rash, flushing, itching, or swelling.) But skin-testing shows that only 20 percent of those people really are allergic.

What to do if you believe you have a penicillin allergy? Consider asking an allergist for a skin test, especially if you develop a condition for which penicillin is the best treatment. Even if you do prove allergic, there is a way to turn off the sensitivity within a matter of hours for those who need the drug.

Rx FOR BACKACHES

Patient, heal thyself

The advice may sound like medical heresy, but several speakers at a symposium on back pain suggest that most backache sufferers don't need to see a doctor. Most lower-back pain will get well without any medical treatment, noted James Weinstein, D.O., of the University of Iowa Hospitals and Clinics.

Dr. Weinstein offers the following prescription for folks suffering with back pain:

1. Try bed rest for a day or two. But don't linger much longer. Experts now believe that moderate activity helps relieve most back pain.
2. Avoid long-term use of narcotic pain relievers like codeine. Nonprescription pain relievers—like aspirin, acetaminophen, and ibuprofen—usually do a good job.
3. See your doctor if pain lasts longer than six weeks, or if it gets worse over time. Also see a doctor if the pain is accompanied by weakness in your arms or legs, or a change in bowel or bladder habits.

To prevent aches before they hit, be nice to your back. Choose a firm mattress and chairs with lower-back support. When lifting, bend your knees, not your back, and keep the weight close to your body.

The symposium was sponsored by Bristol-Meyers-Squibb, a maker of drugs and medical products.



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WHY JOHNNY GETS BLUE

Monica developed manic depression at age 2. Unfortunately, her condition was misdiagnosed, and it wasn't until she turned 7 that she received the medicine she needed. Today, at age 11, the Knoxville, Tennessee, youngster attends her regular public school.

Monica's case points up an important fact: Mental illness can begin at an early age. Studies show that 7.5 million American kids suffer a mental illness, according to the National Advisory Mental Health Council. Here's what parents need to know, based on hearings sponsored by the National Institute of Mental Health (NIMH)

Many illnesses. Even before they start school, children may develop a range of problems. Among the most common disorders are autism (a profound withdrawal from others) and hyperactivity. Other children show attachment disorders; these toddlers may seem indifferent to their parents, or they may become too closely attached to a parent.

School-age children suffer a variety of mental health problems. Among the most common are depression, anxiety and panic disorders, phobias, obsessive-compulsive behaviors, and anorexia nervosa.

Signs of trouble. Heredity plays a part in the development of mental illnesses. If your parents suffer depression, your odds of becoming depressed are above average. However, in many cases, there is no evidence of mental illness in a patient's family history.

Researchers point to several warning signs of mental illness in children:

- A drop in school performance
- Excessive worry or anxiety
- Unsuccessful coping with ordinary day-to-day problems
- Changes in eating or sleeping habits
- Repeated physical complaints even though a doctor finds nothing wrong
- Frequent aggressive behavior
- Excessive fear of weight gain

At some point, every child displays one or more of these signs. Parents need to take action when any of the signs lasts longer than seems reasonable, considering the cause; or if the symptoms interfere with a child's ability to function.

Thoughts or actions showing that a child is contemplating suicide require immediate attention by a mental health professional. These signal a true emergency, so don't delay.

Treatment options. Mental illness in children is treated in three ways. First, medications can restore the normal function of the child's brain. When used appropriately, these drugs can produce dramatic recoveries.

The second treatment is psychotherapy. Here, the child and a therapist talk over the problems that the child is having.

Finally, there is behavioral therapy. In this treatment, the therapist helps the child change the behaviors that cause problems at home and at school.

In most instances, treatment for mental illnesses in kids is successful. To garner the best odds of recovery, early diagnosis and treatment is crucial. If you suspect your child may be suffering from a mental disorder, see your family doctor or a local mental health clinic soon.

Often, parents and other family members need help coping with the ill child. Fortunately, in most communities there are support groups that can ease the burden.

For more information about childhood mental illness, write: American Psychiatric Association, Div. of Public Affairs, Dept. BH, 1400 K St., NW, Washington, DC 20005. Include a business-size SASE and ask for "Let's Talk Facts About Childhood Disorders."

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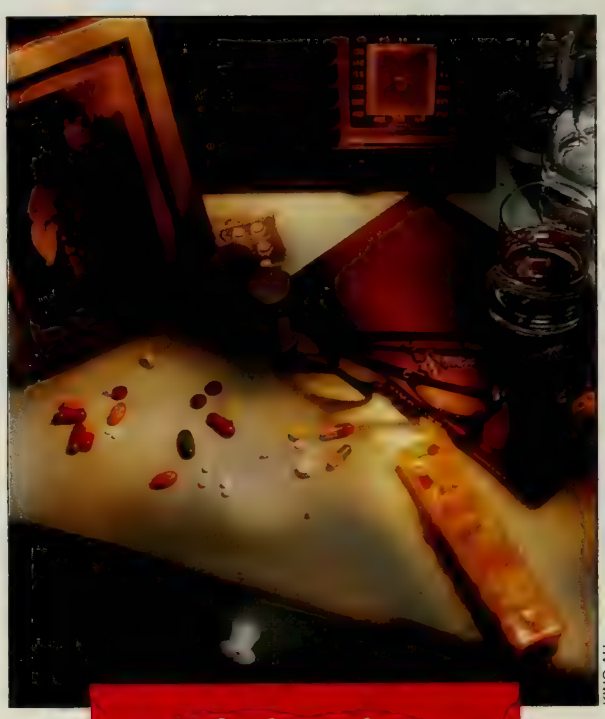
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TAILOR-MADE MEDICINE
Spotting and preventing drug overdoses



KING AU

To battle overdoses, more and more drug companies now produce medicines made to measure for older patients.

Has Grandma seemed groggy lately, or unsteady on her feet? Or perhaps your elderly father is slurring his speech suddenly. Don't blame old age. In many cases, these are signs of a common problem among seniors: prescription drug overdose. Fortunately, there are ways to head off drug misuse before it does permanent harm

How big a problem? Two million older Americans overdose on medications, or risk becoming addicted to tranquilizers and sleeping pills, according to government studies. Each year, drug misuse by the elderly accounts for 200,000 hospitalizations; one study concluded that the problem amounts to the fifth leading health threat to the elderly.

Often, overmedication by the elderly is the root cause for problems laid to old age. It's estimated that 63,000 elderly experience severe mental impairment from medication. Patients may seem dizzy, drowsy, and confused. They may hallucinate, slur their words, or say things that don't make sense. And annually, 32,000 older people break a hip by falling while under the influence of drugs, according to a government report.

Surprisingly, much of the medical profession isn't aware of the problem. "Doctors don't realize how dependent older folks are on their medicine," explains Paul Fink, M.D., a psychiatrist who heads the Philadelphia Psychiatric Center of Albert Einstein Medical Center. Many physicians, he says, overlook signs of misuse or offer the wrong diagnosis.

Misuse, not abuse. Drug misuse among the elderly usually isn't intentional, explains Dr. Richard W. Lindsay, M.D., head of geriatrics at the University of Virginia School of Medicine. "So often with the elderly it's not abuse, but misuse," he says. "I think very often what happens is the memory is gone and they make mistakes. Or they're sick and they make mistakes."

Most patients, after all, are taking something legally prescribed. But they may double their dose, thinking more equals better. Or the recommended dose may be too strong in the first place. Some people share drugs with spouses or friends, an especially risky practice.

Many older people see several doctors and collect prescriptions from each. The wrong combination can result in dangerous interactions, a situation that accounts for many hospitalizations. Alcohol and over-the-counter formulas also interact with certain drugs. "There are multiple ways to end up being hurt by medications," notes Dr. Fink.

With many seniors, a little medicine goes a long way. So a standard dose may be much too strong for a frail, 80-year-old woman. "One of the thrusts of geriatric medicine is to make physicians use the lowest dose possible to get the required therapeutic effects," says Dr. Lindsay.

PREVENTIVE MEDICINE

Don't assume that confusion is a natural part of the aging process. Drug misuse also should be suspected. If you see signs of a problem, alert your family physician. Then have the patient evaluated by a psychiatrist, advises Dr. Fink.

Ideally, patients, doctors, and pharmacists can work together to prevent overdosing and to reduce the likelihood of dangerous interactions. If you or someone you love may be in danger, here's what to advise:

1. Speak up. Tell your doctor about other drugs you're taking, even over-the-counter preparations. If you're seeing two or three doctors, each may not know what another has prescribed. Dr. Lindsay suggests carrying a "drug diary," a list of medica-

continued on page 76

—Patricia Hittner is a free-lance writer based in Fitchburg, Mass. She wrote about second opinions in our May issue.

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TAILOR-MADE MEDICINE

continued from page 74

tions and dosages, to each appointment. And don't be afraid to spend time discussing your regimen and having your questions answered. "Get health care professionals to know you," urges Dr. Fink.

2. Make shopping a one-stop habit. "Drugs interact with each other in ways no one is paying attention to," says Dr. Fink, who stresses the importance of filling all prescriptions at the same pharmacy. By law, pharmacies are required to maintain records on every customer. And pharmacists can alert you to potential complications with both prescription and over-the-counter medications.

3. Stay alert. When taking medication, know what warning signs to watch for and report anything unusual to your doctor. However, cautions Dr. Lindsay, never stop taking a prescription without your physician's approval. Troublesome side effects, he adds, can usually be minimized with dosage adjustments or a drug change.

Sometimes the problem is too little medication. Patients neglect their doctor's instructions, then experience a return of their symptoms, says Dr. Lindsay. Check with your physician if you think that this is happening.

4. Seek tailor-made medicines. Many drugs now come in forms that are tailored to the special needs of seniors (see box). For instance, there are "slow release" forms that you take



once a day instead of three or four times a day. There are also new low-dose forms of certain drugs. These versions are designed expressly for the elderly, and anyone else who can't tolerate a full-strength prescription. Your doctor can decide whether you're a good candidate.

5. Take up boxing. It's easier to follow a complex regimen if you put prescriptions in a compartmentalized pillbox, which Dr. Lindsay recommends filling weekly. These low-cost devices are available in drugstores.

6. Bag it. Most medicine chests bulge with pills—big ones, little ones, in all different colors. Are you taking too much medication? To find out, put all your prescription and over-the-counter drugs in a bag and take them to your doctor, advises Dr. Lindsay.

7. Nix the nightcap. Those two or three cocktails weren't a problem in your youth, but many medications can't be taken with alcohol. Some pharmacists overlook a warning label when filling prescriptions for elderly patients, says Dr. Fink. If you drink, make sure your physician knows this before you begin a new medication.

Finally, if all else fails, get help. The patient's doctor should be willing to offer alternatives. In a few cases, counseling, in-home nursing assistance, or, in emergencies, hospitalization may be the only safe route when "America's other drug problem" strikes close to home.

For a free copy of "Medicines and You: A Guide for Older Americans," write to: The Council on Family Health, 225 Park Ave., S., Suite 1700, New York, NY 10003.

TAILOR-MADE MEDICINES

Many older patients cannot tolerate a one-size-fits-all prescription. So lately, pharmaceutical manufacturers have introduced "tailor-made medicines."

Some of these products are "low-dose" versions of standard drugs, which are often too strong for the elderly. Others are "slow-release" formulas taken just once or twice a day, reducing the total number of pills per prescription. And new liquid medications benefit anyone who can't swallow big tablets.

"The fewer drugs and the fewer times per day you take a drug, the more compliance there's likely to be with the prescribed therapy," explains Edward Decker, Pharm.D., associate director of pharmacy at New England Medical Center in Boston. Failure to follow a recommended regimen is one of the leading reasons for treatment failure and adverse drug reactions. On the average, 45 percent of elderly patients don't always take medication as directed, according to one study.

Despite the advantages, physicians don't always offer the most convenient form of the drug, says Dr. Decker. He advises patients starting a new medication to ask for the most convenient version. And have your doctor write "do not substitute" on the prescription.

A few of the new "slow-release" products include:

- ***Calan SR:* to treat hypertension**
- ***Cardizem SR:* a hypertension medication**
- ***Procardia XL:* to treat angina and hypertension**
- ***Proventil Repitab:* for asthma, a slow-release version of albuterol**
- ***Hismanal:* an antihistamine**

Low-dose offerings include:

- ***Cytotec:* to counteract stomach damage caused by aspirin, ibuprofin, and similar drugs**
- ***Tenormin:* to treat hypertension**
- ***Halcion:* a sleeping pill**
- ***Coumadin:* a blood thinner and anticoagulant**
- ***MS Contin:* a slow-release version of morphine**
- ***Diflucan:* an antifungal agent**

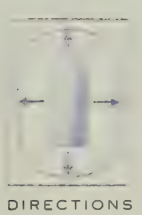
New liquid versions include:

- ***Tagamet:* an antiulcer medication, now in liquid form**
- ***Zantac:* also used to treat ulcers**
- ***Prozac:* an antidepressant**
- ***Naprosyn:* nonsteroidal, anti-inflammatory drug**
- ***Pediaprofen:* another nonsteroidal, anti-inflammatory medication designed for children but suitable for treatment of the elderly.**

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FITNESS MATTERS

GOOD NEWS ABOUT SHAPING UP



Coaches' guides teach how to handle kids.

ROOKIE COACHES

Here's how to make all the right moves

Each year 20 million kids quit a sport because of problems with a coach, says Brad Ellenbecker of the American Coaching Effectiveness Program.

"Most coaches are moms and pops who played in school and then volunteer," he says. "It's often a role they have not undertaken before."

He says that a lot of parents take the job too lightly, thinking, I played the sport, I can coach it. "They may take the game itself seriously, but not the job and its demands," says Ellenbecker. "But parents want more. They may not expect world-class athletes, but they do want their child to learn skills that they can carry on to the next level and throughout life."

The effectiveness program was started 14 years ago to help coaches prepare for the demands of the job. The organization recently developed a series of rookie coaches' guides for basketball, soccer, tennis, football, wrestling, and softball.

Units one through five of the soccer guide, for example, cover basic physiology, safety, and psychology of coaching and motivation. Units six through eight cover soccer history, drills, techniques, season plans, and game strategies.

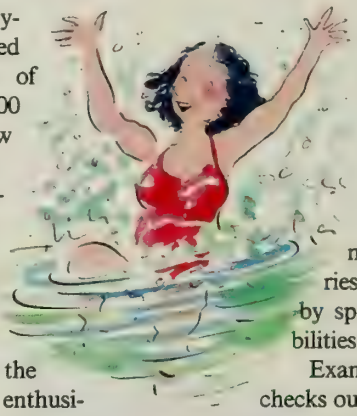
To order these $7.95 coaches' guides, write to: ACEP, Dept BHG, P.O. Box 5076, Champaign, IL 61825-5076. Or call 1-800/747-4457.

GET WET, GET FIT

Aquarobics makes a big splash with fitness buffs

It's the workout your sore knees have been crying for—the one offering gain without the constant pain of pounding the hard pavement. It's aquarobics, water's vertical workout.

Water offers plenty of resistance, making walking, jogging, dancing, and calisthenics more of a workout for the heart and muscles than usual. Water also has buoyancy, making for less impact on joints. Let's say you're a 150-pound person standing waist-deep in water. For all your feet know, you weigh a mere 75 pounds (15 pounds at shoulder depth), says Ruth Sova, president of the Aquatic Exercise Association.



Sova says that in less than five years the buoyancy benefit has helped increase the number of aquajocks from 500,000 to 4 million. These new water-lovers include crosstrainers, aging-and-aching exercisers, the formerly sedentary elderly, and folks recovering from injury or surgery.

If you want to join the crowd of aquarobics enthusiasts, wear mesh-top shoes for the best cushioning, recommends Sova. Other points to keep in mind: Don't exercise in a pool alone, and try to keep the water at 80 to 83 degrees (warmer for the elderly and those with arthritis). For the best balance, work out in mid-riff-deep water.

For two aquarobics brochures, send $1 to Aquatic Exercise Association, Dept. BHG, Box 497, Port Washington, WI 53074.

PRE-SPORT EXAMS

How good are the physicals given to kids?

The good news is that a physical exam before school sports participation is mandatory in every state.

The bad news is that 41 states don't specify how an exam must be conducted. As a result, the quality of exams ranges from thorough to slapdash, says Ben Kibler, M.D., of the Lexington (Kentucky) Clinic Sports Medicine Center and author of *The Sport Pre-Participation Fitness Examination.*

A good exam has two parts, says Kibler. A yearly health exam completed by a doctor needs to include checking blood, heart, lungs, blood pressure, joint stability, possible hernias, and so on. Also, a sports-specific testing of strength, flexibility, and endurance should be done a month before each sports season.

Kibler calls this "prehabilitation." It means catching injuries before they happen by spotting muscle inflexibilities and weaknesses.

Example: An athlete checks out OK for football, but sustains an ankle injury that never entirely heals. The stiffness can cause reinjury in basketball.

Prehabilitation exams are rare, partly due to the higher cost. Still, parents need to nudge schools toward quality exams, says Kibler.

continued on page 80

STEVE BJORKMAN

ADVERTISEMENT

WOMEN'S HEALTH NEWS

Monistat® 7 is available without a prescription.

Over 12 million women will suffer from the effects of vaginal yeast infections this year. If you're one of them, you can take some comfort in knowing you're not alone.

No woman is immune nor can any woman predict how or if she'll ever get a yeast infection. But the statistics aren't encouraging: 75% of all women will get at least one yeast infection in their lifetime.

THE YOGURT REMEDY AND TIGHT JEANS MYTH

There are popular myths about yeast infections that have been passed down from generation to generation.

For example, some people believe eating yogurt or drinking cranberry juice or wearing loose jeans will guard against a yeast infection.

But the best advice if you get a feminine yeast infection is to look for a cure, not something that simply relieves symptoms.

WHEN TO SEE YOUR DOCTOR

The best approach to follow should symptoms present themselves is to call your doctor if you're a first-time sufferer. After a physical exam, your physician will probably recommend an antifungal cure.

From 1977 to 1990, doctors prescribed Monistat 7 more than anything else for women with yeast infections. But now that Monistat 7 has become available without a prescription, many previous sufferers will be able to find this safe, effective cure over the counter.

TRUST THE CURE YOU KNOW

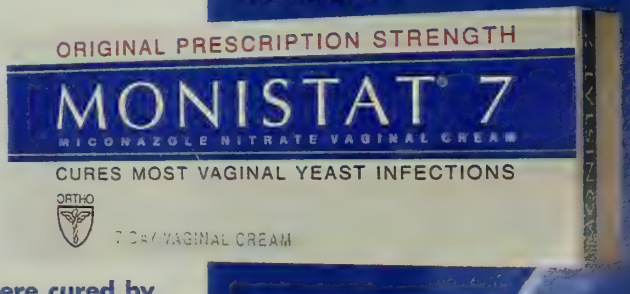
- **Since 1977, over 70 million prescriptions for Monistat 7 were written**
- **Monistat 7 was prescribed by doctors nearly four to one over the next competitive product**
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"Yeast infections? They're a part of my life."

Listen to one woman's story:

"I've had them since college. Some years are better than others but generally it's an uphill battle. Winters are particularly bad because I often get sinus infections and end up taking antibiotics. And as soon as I do, boom...another yeast infection. Believe me when I say, I'd be lost without Monistat 7."



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Medical authorities urge: eat more foods rich in beta-carotene.

Today, leading medical authorities point to strong evidence that eating foods rich in beta-carotene is important to good health. They urge us, as part of a well-balanced diet, to eat more dark green leafy vegetables and yellow-orange fruits and vegetables—foods that are rich in beta-carotene.

FITNESS MATTERS

continued from page 78

PROTECTING YOUR PEEPERS

Common eye injuries and everyday sports

Don't let vanity cloud your vision about the need for eye protection while playing sports.

"I'll recommend polycarbonate goggles or helmet shields, and athletes will say, 'Doc, that's not my style. It's not macho,' " says Jack Jeffers, M.D., at Philadelphia's Wills Eye Hospital.

For some folks, safety does score higher than style, but it's often "after the fact, after an injury, when tears are flowing," says Jeffers.

Common injuries are black eyes, scratched corneas, and inflammation inside the eye. Risky activities include racquet sports, hockey, baseball, basketball, wrestling, and boxing. Swimming and track and field tend to be lower-risk sports.

Super-strong polycarbonate sports goggles and shields are available, but leagues should insist that athletes wear protective eye gear, says Jeffers. For example, when Canadian 'junior hockey' made face shields mandatory for players, eye injuries dropped by 95 percent, he says.

When you do have an eye accident, keep the following points in mind:



Be smart about eye injuries in sports: Cover any suspected damage and head for your doctor.

- If you experience pain, unusual light sensitivity, or sudden change in vision, don't hesitate to see a doctor.
- You can gently flush out some foreign bodies from your eye using water.
- For swelling, don't press ice onto the eye area. This may make matters worse. Instead, tape to your forehead one end of a sandwich bag of crushed ice, explains Jeffers, and let the hanging end rest on the swelling lids.
- If you suspect damage, shield the eye (one method is to tape the bottom of a paper cup over your eye) until you reach a doctor's office. Just remember, *do not* apply pressure.

ARTHRITIS SUFFERERS

Exercising may be your ally, not your enemy

Researchers are using exercise—once thought to be the bane of arthritis sufferers—to help reverse the early stages of arthritis.

Michigan State University's Douglas McKeag, M.D., says that in the past "we may not have been aggressive enough" using exercise as a treatment.



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McKeag is using exercise to improve cartilage fluid. Twice each day, arthritis patients do 15 minutes of weight-bearing exercise, which works to squeeze poor-quality fluids from cartilage. That's followed by 30 minutes of rest, which draws in high-quality fluids. This routine may eventually improve the arthritic joint.

Exercise can battle arthritis on another front, too. Obesity, which some experts link to arthritis, is best controlled by a combination of sensible diet and regular exercise.

THE IMPORTANCE OF PACE

How walking intensity affects fitness

Pick up your pace is one message from a new walking study at The Institute for Aerobics Research in Dallas. Sponsored by Naturalizer Shoes, the study featured premenopausal women who walked three miles, five times a week at different paces for 24 weeks. Results: Walking 12-minute miles uses 53 percent more calories than 20-minute miles.

The message of "same distance, less time, and more calories burned," should interest folks on a tight schedule who want more bang for their fitness buck, says John Duncan, Ph.D.

He calculates 12-minute milers can



cut 104 hours a year out of their exercise time and burn off nine more pounds than the 20-minute milers going the same distance.

These fast-pace walkers also increased aerobic fitness 16 percent, compared with 4 percent in the 20-minute mile group. Be aware that not many nonexercisers can easily maintain a steady 12-minute clip when they're first starting out on a walking program. It's not unusual for beginners to take several months to build up such endurance.

But even slower walkers can take heart. The study has a second message: A regular program of walking at any pace can increase HDL cholesterol (the good cholesterol) by up to 6 percent. For each 1 percent increase in HDL, risk of heart disease drops by 3 percent, says Duncan.

Duncan hopes that news about the benefits of walking (even slower-paced walking) will mobilize people to take up a regular exercise program. "People really do want an excuse to exercise, just as they want an excuse to stop smoking."

The excuse here, he adds, is that people can reduce the risk of heart disease and still do it at a pace more to their liking.

continued on page 84

A ~~journey~~ walk of a thousand miles

begins with a single step.

~~Lao-tzu~~
~~Chinese philosopher~~
Maryanne Torrellas
5-time National
Racewalking Champion
(mother of three)

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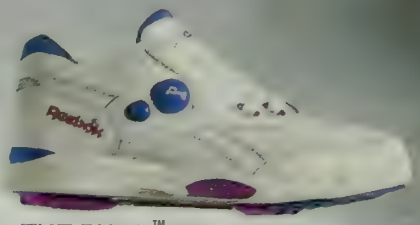
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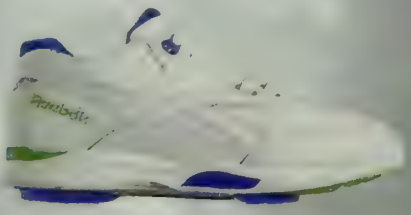
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WALKING

FITNESS MATTERS

continued from page 81

GIMME A BREAK

You've earned a rest; take it

If you are a nonstop workout fanatic, give yourself a break. Rest may allow you to keep exercising.

Rest is an important part of an active lifestyle. Without it, you won't be active for long.

Overtraining causes mental fatigue, which is marked by mood swings, sleep difficulties, listlessness, and irritability. Physical fatigue may lead to colds, flu, sore throats, soreness, and a greater susceptibility to injury.

About half of all running injuries, for example, result from overzealous workout schedules, says Terry Nelson, M.D., of the Southwestern Michigan Sportsmedicine Clinic in Kalamazoo. For every hard training day you need an easy one, he says.

If the idea of taking a day off drives you up the wall, you should at least add some variety to your routine. But eventually you'll need to rest. One way is to plan breaks; scheduling days off reminds you of their importance.

So on your next off day, plan to hike or ice skate with family and friends—activities that are fun but light. Or, just read a book and relax. You've earned a break.

AGE AND WALKING BENEFITS

Older adults lose fuel efficiency

Seventy-year-olds use 10 percent more energy than 20-year-olds who walk the same distance at the same speed, says an Arizona State University study.

That drop in economy is not surprising; age affects coordination, range of motion, and walking manner. It is surprising that the drop shown in the study was the same for sedentary and physically active older walkers.

But that's no reason to walk away from walking, says researcher Debbie Rothstein. Age takes its toll no matter what, but age and inactivity take a bigger toll: You lose heart and health benefits, she says, plus you slow down.

Of the 15 "old active" walkers, all could walk 4 mph and eight could walk 4.5 mph. Of the 15 "old inactive" group members, 13 could walk 3.5 mph, but only one walked faster.



SPORTS DRINKS

When you need them, and when you don't

Yes, sports drinks may help your tennis game by helping to replenish some of your spent energy sources.

But, no, you don't need sports drinks to enjoy your weekly hour of reserved court time. Save the sports drinks—and your money—for your next grueling two-hour tournament.

Most of us work out for less than an hour, and our energy reserves don't usually get *that* depleted. So water is fine, says the University of Toledo's Mike Flynn, Ph.D. It's when we compete, and train to compete, in events of an hour or longer that we should consider sports drinks.

Caution: Don't do sports drinks just on game day. You may learn the hard way that your tummy just doesn't tolerate the sugar-electrolyte combination used in such beverages. Adjust to the drink in training first.

IS WINNING FUN?

Just ask your children

One reason school children like sports is winning. But a survey of 10,000 students ages 10 to 18 says that there are nine more important reasons, including having fun, improving skills, staying in shape, and challenging yourself. Even among the most dedicated athletes, winning ranked eighth. That may surprise some adults.

"There is often a mismatch of what adults think about why kids play sports and what kids themselves have in mind," says psychologist Steven Danish, Ph.D., at Virginia Commonwealth University.

The 11-city survey, sponsored by the American Footwear Association, also found that sports participation went down as age went up. Reasons cited were coaching problems and pressures to win, and because practices and games were no longer fun.

For example, 45 percent of 10-year-olds say they participate, or intend to, on a nonschool sports team. Among 18-year-olds, the figure is 26 percent. The drop is similar for school sports.

What's a parent to do? Remember what you were like at their age. Says Danish: "Most of us weren't Mickey Mantles. We forget that we were often picking daisies out in right field."

Look for activities that stress equal participation, and ask about the nature of the programs your children are entering. Some programs build skills, others go for winning.

Finally, praise your children. Your recognition is important, says Danish.

VEGETARIAN ATHLETES

Mind your peas and cukes

Vegetarian athletes like high-carbohydrate diets because they help keep energy stores up. Carbohydrates—most abundant in grains, fruits, and vegetables—are the body's main source of energy.

But vegetarians—especially those who don't eat dairy products—must make sure that they get vitamin B_{12} and such nutrients as calcium and iron, which aren't found in many fruits and vegetables. Another concern is protein. Meat protein has all eight essential amino acids. Grains alone or beans alone don't—but combine the two, and you're covered.

For more information, write: American Dietetic Association, 430 North Michigan Ave., Chicago, IL 60611.

—By free-lance writer Gary Legwold, a frequent contributor to these pages who does his exercising in Minneapolis.

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ONCE SHY, TWICE BITTEN

Shyness isn't kids' stuff for millions of adults



STEVE BJÖRKMAN

"When a shy six-year-old hides behind a skirt, that's cute," says Jonathan Cheek, Ph.D., associate professor of psychology at Wellesley College. "But when someone is 25, lonely, underemployed, and has no friends, shyness isn't cute anymore."

Thirty to 40 percent of Americans think of themselves as shy. Surveys show three-fourths of shy people say they don't like being so shy, and two-thirds consider shyness to be a personal problem. Many shy adults are under- or unemployed, depressed, and lonely. What is shyness? How can you tell if you have a problem? What can you do about it?

Sweat, rattle, and roll. Shy people experience high anxiety in social situations, especially situations involving the opposite sex and people in positions of authority. Some shy people blush, sweat, and shake in these situations. Or their heart pounds, stomach aches, and mouth turns dry.

Others may not show physiological signs, but they mumble and can't look people in the eye. They avoid social situations, seldom date, and cling to dead-end jobs.

This avoidance goes beyond dating and jobs. Arden Watson, Ed.D., associate professor of speech communication at the Pennsylvania State University-Delaware County Campus, teaches a public speaking course required for graduation. She says some students drop out for fear of this course, or put it off until their final term. She even has a section for shy students, who often fear classrooms.

Procrastination complex. Not all shy people are in the dark with social skills, but many of them worry way out of proportion to the situation. They dread being evaluated negatively. Anticipating such rebuffs, shy people become excessively self-critical, picky, and preoccupied with the smallest details of appearance, speech, and self-worth. They are reluctant to make a move until things are just right, if then. "In a social situation, if you were to berate a person as a shy person berates himself or herself, well, no one could perform," says Lynne Henderson, director of the Palo Alto Shyness Clinic in Menlo Park, California.

Hunkered down for any incoming negative evaluation, shy people tend to duck compliments. They can be hard on themselves, perfectionists who pooh-pooh the pluses of life. "They resist positive feedback," says Cheek.

Or they can needlessly blame themselves. "When a boss gives the brush-off in the hall, a nonshy person says, 'Boy, is that person having a bad day,'" says Cheek. "But a shy person says, 'What did I do wrong?' Shy people tend to blame themselves, not the situation."

Shy clowns. Shyness and introversion are similar, says

continued on page 88

HOW SHY ARE YOU?

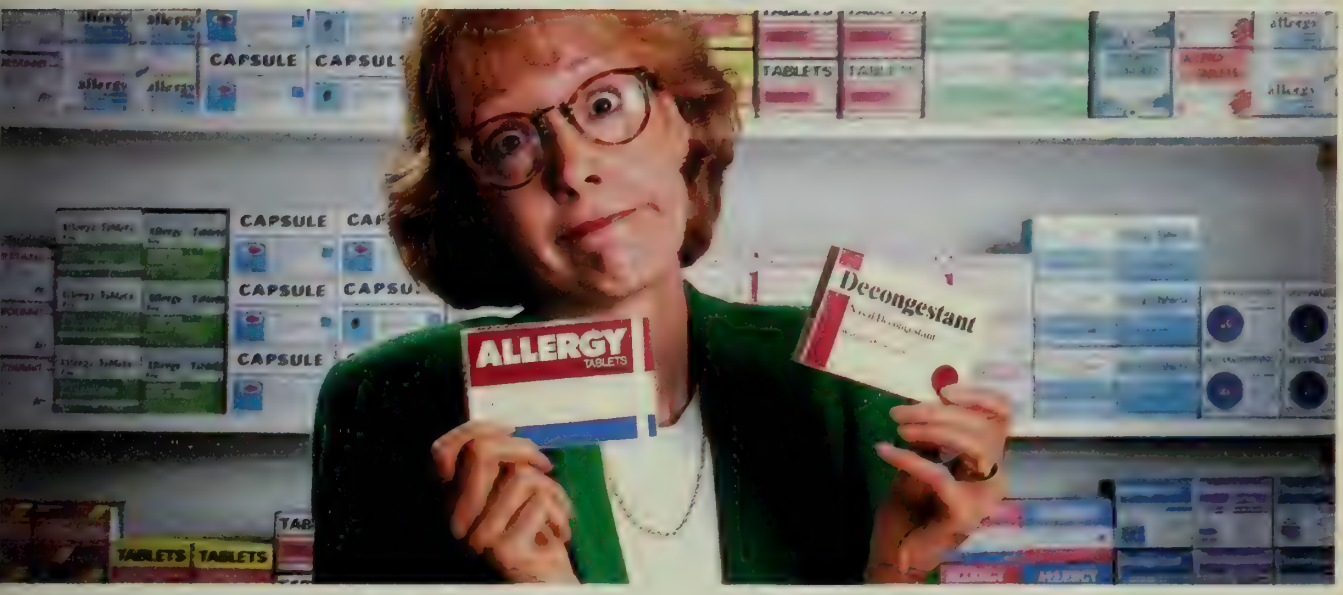
For each statement below, rate yourself on this scale: "Very uncharacteristic or untrue"—1 point; "Uncharacteristic"—2 points; "Neutral"—3 points; "Characteristic"—4 points; "Very characteristic or true"—5 points.

- **I'm tense when I'm with people I don't know well.**
- **It's difficult for me to ask other people for information.**
- **I'm often uncomfortable at parties and other social functions.**
- **When I'm in a group of people, I have trouble thinking of the right things to say.**
- **It takes me a long time to overcome my shyness in new situations.**
- **It's hard for me to act natural when I'm meeting new people.**
- **I'm nervous when I'm speaking to someone in authority.**
- **I have doubts about my social competence.**
- **I have trouble looking someone right in the eye.**
- **I'm inhibited in social situations.**
- **I find it hard to talk to strangers.**
- **I am more shy with members of the opposite sex.**

***Ratings.* 45 points, very shy; 31 to 45, somewhat shy; below 31, probably not shy, although you may feel shy in some situations. Most shy people score 35 or over.**

From* Conquering Shyness *by Jonathan Cheek, Ph.D., and Bronwen Cheek with Larry Rothstein.

You've tried just about everything for your hay fever...

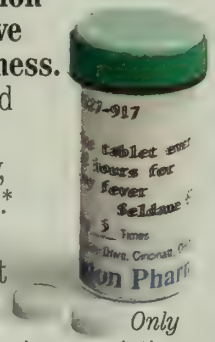


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Definition of "risk of drowsiness" is incidence greater than placebo (a sugar pill).
The reported incidence of drowsiness with Seldane (5.8%) in clinical studies involving more than 11,000 patients did not differ significantly from that reported in patients receiving placebo (6.9%).
Based upon worldwide prescription and distribution information (1986-1990)–data on file, Marion Merrell Dow Inc.
SEE BRIEF SUMMARY OF PRESCRIBING INFORMATION ON NEXT PAGE.

ELAE 301/A1895
© 1991, Marion Merrell Dow Inc.
March, 1991 MDZ-101 6131B1

Seldane®
(terfenadine) 60 mg Tablets

BRIEF SUMMARY
CAUTION Federal law prohibits dispensing without prescription.

DESCRIPTION
Seldane (terfenadine) is available as tablets for oral administration. Each tablet contains 60 mg terfenadine. Tablets also contain, as inactive ingredients, corn starch, gelatin, lactose, magnesium stearate, and sodium bicarbonate.

INDICATIONS AND USAGE
Seldane is indicated for the relief of symptoms associated with seasonal allergic rhinitis such as sneezing, rhinorrhea, pruritus, and lacrimation.

CONTRAINDICATIONS
Seldane is contraindicated in patients with a known hypersensitivity to terfenadine or any of its ingredients.

PRECAUTIONS
General: Terfenadine undergoes extensive metabolism in the liver. Patients with impaired hepatic function (alcoholic cirrhosis, hepatitis), or on ketoconazole or troleandomycin therapy, or having conditions leading to QT prolongation (e.g. hypokalemia, congenital QT syndrome) may experience QT prolongation and/or ventricular tachycardia at the recommended dose. The effect of terfenadine in patients who are receiving agents which alter the QT interval is not known. These events have also occurred in patients on macrolide antibiotics, including erythromycin, but causality is unclear. The events may be related to altered metabolism of the drug, to electrolyte imbalance, or both.

Information for patients: Patients taking Seldane should receive the following information and instructions. Antihistamines are prescribed to reduce allergic symptoms. Patients should be questioned about pregnancy or lactation before starting Seldane therapy, since the drug should be used in pregnancy or lactation only if the potential benefit justifies the potential risk to fetus or baby. Patients should be instructed to take Seldane only as needed and not to exceed the prescribed dose. Patients should also be instructed to store this medication in a tightly closed container in a cool, dry place, away from heat or direct sunlight, and away from children.

Drug Interactions: Preliminary evidence exists that concurrent ketoconazole or macrolide administration significantly alters the metabolism of terfenadine. Concurrent use of Seldane with ketoconazole or troleandomycin is not recommended. Concurrent use of other macrolides should be approached with caution.

Carcinogenesis, mutagenesis, impairment of fertility: Oral doses of terfenadine, corresponding to 63 times the recommended human daily dose, in mice for 18 months or in rats for 24 months, revealed no evidence of tumorigenicity. Microbial and micronucleus test assays with terfenadine have revealed no evidence of mutagenesis.

Reproduction and fertility studies in rats showed no effects on male or female fertility at oral doses of up to 21 times the human daily dose. At 63 times the human daily dose there was a small but significant reduction in implants and at 125 times the human daily dose reduced implants and increased postimplantation losses were observed, which were judged to be secondary to maternal toxicity.

Pregnancy Category C: There was no evidence of animal teratogenicity. Reproduction studies have been performed in rats at doses 63 times and 125 times the human daily dose and have revealed decreased pup weight gain and survival when terfenadine was administered throughout pregnancy and lactation. There are no adequate and well-controlled studies in pregnant women. Seldane should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus.

Nonteratogenic effects: Seldane is not recommended for nursing women. The drug has caused decreased pup weight gain and survival in rats given doses 63 times and 125 times the human daily dose throughout pregnancy and lactation. Effects on pups exposed to Seldane only during lactation are not known, and there are no adequate and well-controlled studies in women during lactation.

Pediatric use: Safety and effectiveness of Seldane in children below the age of 12 years have not been established.

ADVERSE REACTIONS
Experience from clinical studies, including both controlled and uncontrolled studies involving more than 2,400 patients who received Seldane, provides information on adverse experience incidence for periods of a few days up to six months. The usual dose in these studies was 60 mg twice daily, but in a small number of patients, the dose was as low as 20 mg twice a day, or as high as 600 mg daily.

In controlled clinical studies using the recommended dose of 60 mg b.i.d., the incidence of reported adverse effects in patients receiving Seldane was similar to that reported in patients receiving placebo. (See Table below.)

ADVERSE EVENTS REPORTED IN CLINICAL TRIALS

Adverse Event	Percent of Patients Reporting				
	Controlled Studies*			All Clinical Studies**	
	Seldane N=781	Placebo N=665	Control N=626***	Seldane N=2462	Placebo N=1478
Central Nervous System					
Drowsiness	9.0	8.1	18.1	8.5	8.2
Headache	6.3	7.4	3.8	15.8	11.2
Fatigue	2.9	0.9	5.8	4.5	3.0
Dizziness	1.4	1.1	1.0	1.5	1.2
Nervousness	0.9	0.2	0.6	1.7	1.0
Weakness	0.9	0.6	0.2	0.6	0.5
Appetite Increase	0.6	0.0	0.0	0.5	0.0
Gastrointestinal System					
Gastrointestinal Distress (Abdominal distress, Nausea, Vomiting, Change in Bowel habits)	4.6	3.0	2.7	7.6	5.4
Eye, Ear, Nose, and Throat					
Dry Mouth/Nose/Throat	2.3	1.8	3.5	4.8	3.1
Cough	0.9	0.2	0.5	2.5	1.7
Sore Throat	0.5	0.3	0.5	3.2	1.6
Epistaxis	0.0	0.8	0.2	0.7	0.4
Skin					
Eruption (including rash and urticaria) or itching	1.0	1.7	1.4	1.6	2.0

*Duration of treatment in "CONTROLLED STUDIES" was usually 7-14 DAYS.
**Duration of treatment in "ALL CLINICAL STUDIES" was up to 6 months.
***CONTROL DRUGS: Chlorpheniramine (291 patients), d-Chlorpheniramine (189 patients), Clemastine (146 patients).

Rare reports of severe cardiovascular adverse effects have been received which include arrhythmias (ventricular tachyarrhythmia, torsades de pointes, ventricular fibrillation), hypotension, palpitations, and syncope. In controlled clinical trials in otherwise normal patients with rhinitis, at doses of 60 mg b.i.d. small increases in QTc interval were observed. Changes of this magnitude in a normal population are of doubtful clinical significance. However, in another study (N=20 patients) at 300 mg b.i.d. a mean increase in QTc of 10% (range −4% to +30%) (mean increase of 46 msec) was observed without clinical signs or symptoms.

In addition to the more frequent side effects reported in clinical trials (See Table), adverse effects have been reported at a lower incidence in clinical trials and/or spontaneously during marketing of Seldane that warrant listing as possibly associated with drug administration. These include: alopecia (hair loss or thinning), anaphylaxis, angioedema, bronchospasm, confusion, depression, galactorrhea, insomnia, menstrual disorders (including dysmenorrhea), musculoskeletal symptoms, nightmares, paresthesia, photosensitivity, seizures, sinus tachycardia, sweating, tremor, urinary frequency, and visual disturbance.

In clinical trials, several instances of mild, or in one case, moderate transaminase elevations were seen in patients receiving Seldane. Mild elevations were also seen in placebo treated patients. Marketing experiences include isolated reports of jaundice, cholestatic hepatitis, and hepatitis. In most cases available information is incomplete.

OVERDOSAGE
Information concerning possible overdosage and its treatment appears in Full Prescribing Information.

DOSAGE AND ADMINISTRATION
One tablet (60 mg) twice daily for adults and children 12 years and older.

Product Information as of July, 1990
MARION MERRELL DOW INC.
Prescription Products Division
Kansas City, MO 64114

SELAE 301/A1895
613181

ONCE SHY, TWICE BITTEN

continued from page 86

Phillip Zimbardo, Ph.D., Stanford University professor of psychology and author of *Shyness: What It Is. What to Do About It.* The difference: introverts prefer to withdraw socially yet do not fear social situations, as do shy people. About 20 percent of shy people are shy extroverts, people who, perhaps because of shyness, have mastered the way to work a crowd or tell a joke. They do better in structured versus spontaneous situations, but they still have that underlying fear of negative evaluation. They may even have a drinking or drug problem. Actors and celebrities, including Johnny Carson and Carol Burnett, are oftentimes shy extroverts, says Zimbardo.

Living with shyness. Many shy people have learned to work around shyness, and some have come to appreciate its upside. Shy people tend to be modest, gentle, supportive, and kind. They are loyal friends, excellent listeners, and thoughtful, says James Gormally, Ph.D., a psychologist in private practice in Silver Spring, Maryland. Adds Zimbardo, "shyness lends a mystique to a person, forcing others to work to know the emotions inside."



The anticipatory anxiety that shy people feel has value, says Cheek. "Sometimes it is good to be wary of strangers. Or sometimes anxiety about a presentation stimulates a person to prepare well."

Treatment strategies. Many shyness experts care less about the causes of shyness and more about its treatment. In 1972 Zimbardo started the Stanford Shyness Project. Exorcising the shyness demon wasn't a primary goal of the project. Rather, Zimbardo and others in the field help people face up to their shyness and function better socially. Often shyness treatment involves dealing with such serious underlying psychological problems as depression or abuse. But even when the issue is just shyness, treatment still involves hard work toward gradual changes in specific and personal attitudes and behaviors. There are no quick fixes, says Zimbardo: "If shyness has bothered you for 30 years, no one thing is going to change that."

Helping yourself. Eliminating shyness challenges even skilled therapists. Still, there are steps you can take on your own to help you overcome the worst aspects of your shyness:

1. **Practice smiling and making eye contact.** These two problem areas crop up repeatedly in shyness studies. Practice can reduce the discomfort and relieve the awkwardness.
2. **Use a script.** If you want to ask someone out on a date, write a script and pick up the phone. Eventually you may not need the script or the phone. Or if you are going to a dinner party, write out your thoughts on a topic you know. Or practice a joke. Then use the topic or joke as a conversation starter.
3. **Learn to use clichés in conversations.** Conversation is often not repartee says Cheek. It is typically predictable, if not boring, so say something predictable rather than going mum until you've perfected an insightful proverb.
4. **Improve your self-image by analyzing your fears.** Many fears are what Henderson calls cognitive distortions. "A person may think, 'I'm not good enough,' or 'That person wouldn't ever want to go out with me,'" says Henderson. "Usually that's not true. Shy people overgeneralize or jump to conclusions. People are tolerant, so relax."
5. **Dwell less on yourself.** "Shy people often spend too much time talking to themselves and not enough time listening and talking to others," says Cheek. Henderson advises acting classes. Practicing active listening helps shy people focus more on others.
6. **Choose models.** Pick people you know with good social skills. Observe how it's done, and maybe talk with them about their skills.

If all else fails, try to develop a sense of humor about your shyness. Considering how widespread shyness is, you won't be laughing alone.

BRIGHT IDEAS FOR A DULL BACKYARD

This colorful outdoor oasis takes advantage of every inch of a long, narrow lot. That's because Colleen Fitzpatrick and Kevin Murphy wanted more than an obligatory deck off the back door when they improved their suburban Minneapolis backyard.

The couple's elevated deck steps down to the yard below, where it joins up with two brick patios connected by zigzagging deck sections. "The angular design makes the yard seem bigger by forcing the eye to travel along the length of the space rather than across the short width," says Colleen.

Part of the plan included tearing down a fence that previously had boxed in the yard. "We liked the privacy it provided, but we were feeling closed in," says Colleen. Their solution was to replace the old fence with a shorter screen that runs parallel with the patios. Evergreen trees serve as a natural extension of the screen.

Colleen's love of color shines through in her flowers, which keep the yard "in the pink" all summer. Those same soft hues can be found in her hand-painted patio furniture.



Colorful flowers, such as phlox, petunia, coneflower, and gaillardia, create waves of blooms from spring to fall in the beds around the patios.

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Paint perks up old redwood furniture. After sanding the pieces, Colleen primed them with an oil-base exterior primer, then painted them with an oil-base exterior semigloss paint.

PHOTOGRAPHS: SUSAN GILMORE; LANDSCAPE DESIGN: MEG STEVENSON REGIONAL EDITOR: SHARON ROSS



Wallcoverings: Villa Border, Garden Trellis, French Knot / Fabric: Country Villa from "Fields of Provence™" Collection.

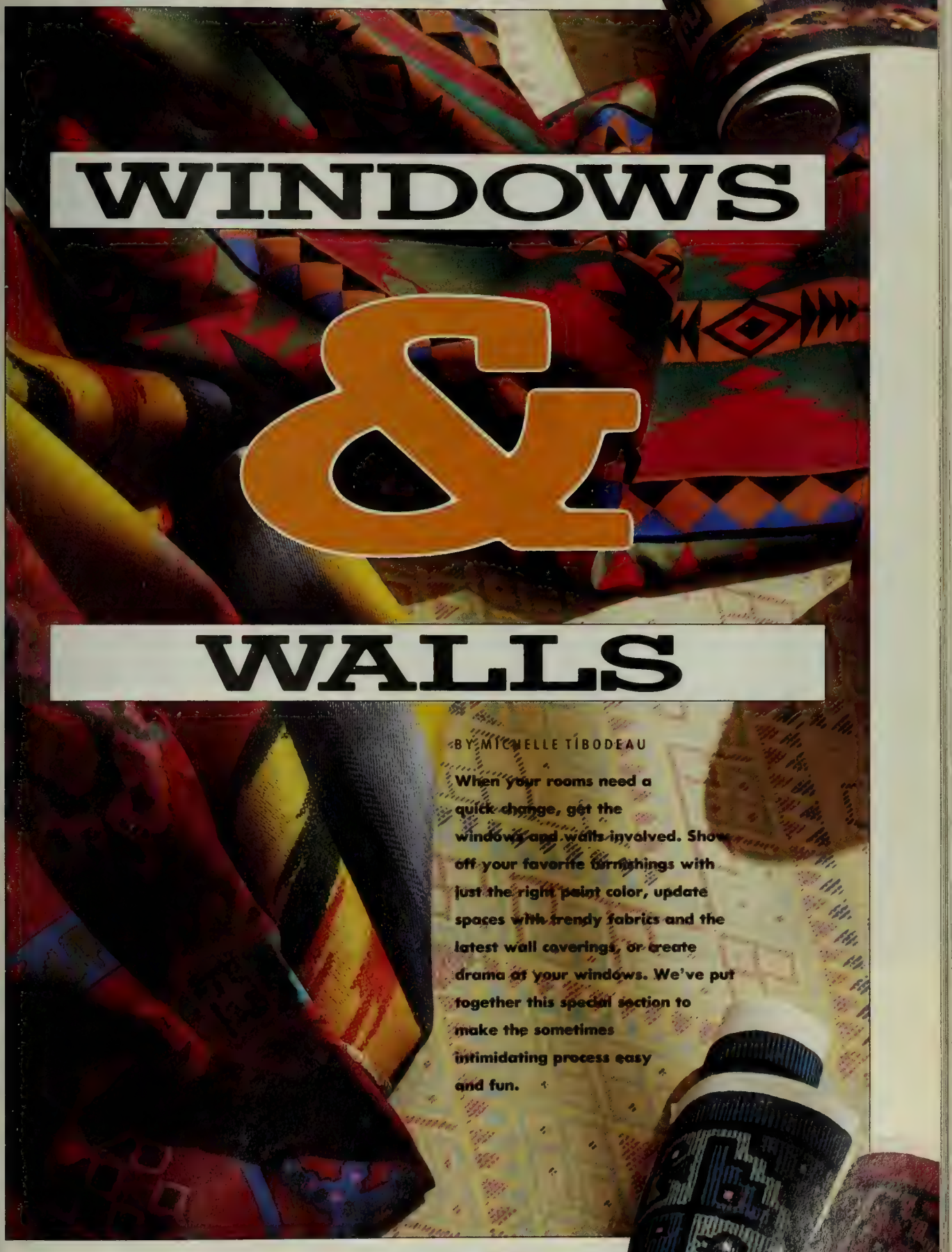
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BH&G/9/91



WINDOWS & WALLS

BY MICHELLE TIBODEAU

When your rooms need a quick change, get the windows and walls involved. Show off your favorite furnishings with just the right paint color, update spaces with trendy fabrics and the latest wall coverings, or create drama at your windows. We've put together this special section to make the sometimes intimidating process easy and fun.



COLOR FORECAST

Warming trends with ethnic patterns

This season you'll find the hot, rich, ethnic look spicing up fabrics and wall coverings. Ranging in temperament from the American Southwest to Eastern Africa, primitive-looking motifs and textures instantly connect even the newest rooms with a sense of history. Turn up the heat in your home with the warm reds, browns, rusts, and deep indigos of the global village palette.

1. *"Madeleine," from Pierre Deux; 800/874-3773.*
2. *"Exotica III," No. 9481, from Springs Industries, 104 W. 40th St., New York, NY 10018.*
3. *"Santa Barbara," from Clarence House, available only through interior designers.*
4. *"Exotica III," No. 9490, from Springs Industries, 104 W. 40th St., New York, NY 10018.*
5. *Treasures of the Ancient Andes collection: "Chancay" wall coverings in turquoise and terra-cotta, "Nasca Fantasy Creatures" border, from F. Schumacher; 800/552-9255.*
6. *Treasures of the Ancient Andes collection: "Pacha Kanaq" wall covering and "Chancay" borders, from F. Schumacher; 800/552-9255.*

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WOOD WORKS

Window treatments in wood

Adaptable to virtually any decor and available in many colors, chameleonlike wood shutters and blinds subtly blend into a room's backdrop or bring warm, mellow color to a window treatment.

New slant

To tie together older architecture and modern furnishings, the homeowners of this room (*below*) chose wood shutters. "We wanted something that would have been used when the house was built," says St. Louis interior designer Bill Lee. Vertical louvers (instead of the usual horizontal slats) put an interesting new twist on the vintage look. Painted off-white to match the woodwork, the shutters blend in as if they had always been there.

Photograph: Barbara Martin. Interior design: David Lee
Regional editor: Mary Anne Thomson

Warm-ups

Color and warmth, says Tulsa interior designer Kent Oellien, were the reasons he chose purple 2-inch-slat wood blinds for this bedroom (*above*). "The wood slats have thickness you can see," he says. They also give the room drama by adding patterns of light. Up above, an asymmetrical swag turns the treatment into a focal point.

Swag Treatment

To make the swag, cut a width of fabric and finish one end on a 45-degree angle. Drape the piece over a fabric-shirred rod so the straight edge hangs to the floor and the angled side hangs halfway down the window. Make a large knot from a wide fabric tube, sew tassles to the front, and attach the knot at the point where the swag drapes behind the rod.

Photographs: Gene Johnson. Interior design: Synar-Oellien Design Associates
Regional editor: Nancy E. Ingram





It wasn't until
her going-away party,
surrounded by
her closest friends,
that Terese Mills,
bound for New York City
(to seek her fortune
as a graphic designer)
felt those awful pangs—
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which often accompany
major changes
and make
lifelong dreams
seem like
a huge mistake.
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by a heartfelt gift
from her friends,
which carried with it
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BY REBECCA JERDEE

WHITE MAGIC

Purify your palette with a clean coat of white when colors feel cluttered

When decorating, white is the color ace in your hand. It gives you the power to make rooms appear larger, to energize spaces with light, and to create an oasis of comfort and peace. When white enters a room, it bestows quiet simplicity and balance, even a sense of well-being on those who venture there.

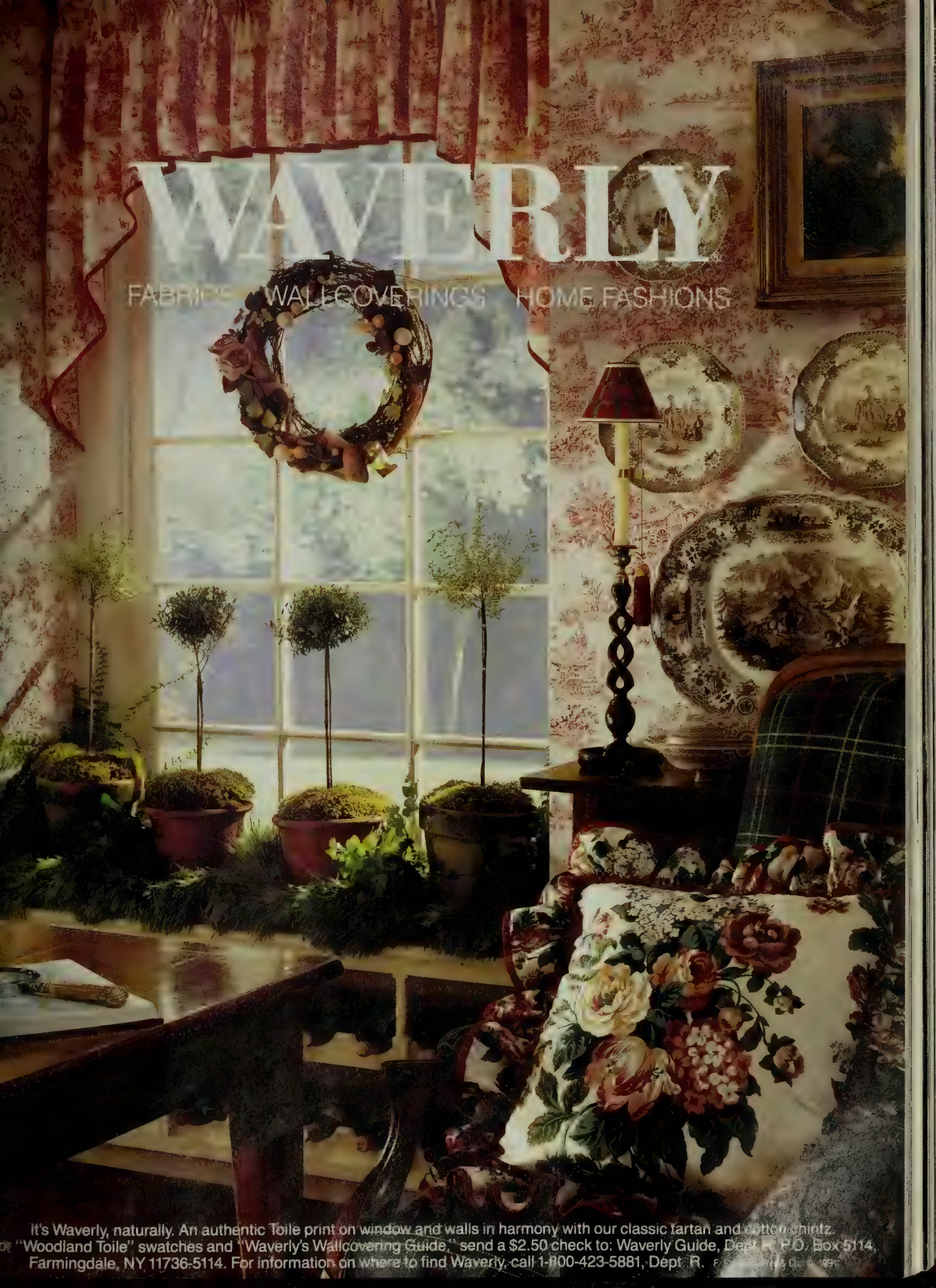
White never goes out of style. Honest and clean, no matter what fleeting design trends may suggest, white will always be right.

Summon an illusion of space. Think of how open the landscape appears after a new-fallen snow. Because light bounces off white surfaces, the boundaries of the land seem to expand and overflow. Take this simple lesson indoors and wash walls and ceilings with white to create an open-air illusion. White walls, slipping quietly into the background, will give your furnishings and accessories room to breathe and a wide berth for showing off their true colors. When walls are broken up by doorways, windows, nooks, and crannies, you can white out the many interruptions, blending the woodwork and walls into one cohesive whole.

Illuminate a room. White is daybreaking light, floating clouds in a summer sky, the bright at the end of the tunnel. Most amenable of colors, white mixes well with every other color. For luminous walls, choose a rosy, taupe, or golden wall covering with wide, white stripes that assure the room a degree of lightness. Invite outdoor light inside and keep window curtains light and airy with easy draperies of white-patterned or textured fabric. Then, crown the room with white moldings and include enough lamps to keep the room glowing at night.

See things more clearly. As whitecaps define an ocean's waves, white-painted woodwork puts crisp edges on a room's architecture and shape. Moldings frame windows and walls, and chair rails slip between two wall colors to clarify the room's hues. For whole-house unity, paint the woodwork the same from room to room. When you bind the varied personalities of each room with similar moldings, doors, and baseboards, you'll see how the rooms flow gently together, one into another.

Photograph: Perry Struse. Wood finish: Minwax. Carpet: Amoco. Striped fabric: David and Dash. Paint: Sherwin-Williams. Candlewick fabric: Waverly. Flecked fabric: Chris Stone & Associates



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BY REBECCA JERDEE



THE NATURE OF GREEN

Learn from the great outdoors

Green ranks high on many decorating palettes due to its ability to blend and harmonize with other colors. Symbolic of balance and contentment, green evokes images of fruitful growth, lush pastures, and whispering pines.

Indoors, green is a chameleon. Sometimes it slips quietly into an interior to weave softly around a room's more brilliant colors. Or, when it's in an intense, emerald mood, expect green to demand attention and create drama. It also can air out a room with a paleness that cools and refreshes.

Using green is easy if you borrow ideas from the out-of-doors. Here are three of nature's ways that you can translate into indoor decorating schemes.

Promise yourself a garden. As green leaves and grass embrace bright flowers in a field, you can ask green to wrap a room and showcase its vivid accent colors. In a sunny, south-facing space furnished with white wicker or neutral upholstery, roll out a medium-green rug for "grass" underfoot. Next, cover the walls with a wide-striped, spring-green-and-white wall covering. Then, add snap with red, yellow, or fuchsia pillows, flowers, and artwork.

Get away to the pines. When decorating a den or study, imagine a deep pine forest so silent you can almost hear the needles drop. Choose hunter-green to paint the study's walls, and treat the woodwork to a natural wood stain. You'll be surprised how green aids your concentration, and the wood tones make you feel more grounded.

Bathe in sea foam. Sponge walls in a bathroom or spa with watery aquamarine or a tropical green. Add white for a second sponged color to give the green a rain-washed look. When you sink into the tub, imagine waterfalls and silver springs, then towel dry with turquoise terry cloth.

Photograph: Perry Struse. Chintz fabric: F. Schumacher. Velveteens: JB Martin. Quartz stone: from the earth. Moire fabric: Waverly. Paint: Sherwin-Williams



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Le Grand Café



WALL PERK-UPS

Decorative details to order by mail

BY MICHELLE TIBODEAU



Lighting up

Turn a blank wall into a hot spot with the ceramic sconce (*above*), $210. *Objects By Design, 25 Independence Ct., Box 408, Folcroft, PA 19032; 800/872-7501.*

Direct light on architectural details with the brass-and-glass wall sconce (*inset*), $39. *Fortune's Almanac, 150 Chestnut St., San Francisco, CA 94111; 800/331-2300.*

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PHOTOGRAPHS: JESSIE WALKER. ARCHITECT/CONTRACTOR: GENO BENVENUTI. REGIONAL EDITOR: JESSIE WALKER ASSOCIATES

Large mirrors above the vanity hide two medicine cabinets.



Towels on door-mounted bars camouflage the location of the closeted commode.



Up-from-the-sill pleated shades maintain the room's clean lines.

It might seem that a passion for a design style from the past and a preference for modern-day amenities are mutually exclusive impulses. In fact, you can combine vintage character and contemporary features to get rooms that offer back-when charm and here-and-now convenience.

This recently remodeled master bath lives in a turn-of-the-century home. It contains all the contemporary comforts a modern couple requires: a generous, glass-enclosed shower (with two shower heads, a steam unit, and a bench), an easily accessed whirlpool tub, and a his-and-her vanity with a dressing table. But it's the details that help maintain the Victorian character of the space.

The window trim, door trim, and baseboards were duplicated from original elements elsewhere in the house. Up-to-date roll-up pleated shades fill in for lacy Victorian sheers at the windows. But they also ensure light diffusion and privacy without detracting from the natural ornamentation of the specially milled window trim.

The white, raised-panel vanity cabinets and tub surround mimic the style of cabinets and wainscoting popular during the Victorian era. Even the compartmentalized commode harks back to the water-closet days of yore. Towel bars on the door hold bath towels handy to both shower and tub.

Black granite atop the vanity and around the tub add modern elegance. Slim incandescent tube lights at the mirror maintain uncluttered, contemporary lines. But the classic black-and-white ceramic mosaic floor tile helps keep the renewed bath firmly rooted in the Victorian tradition.

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SHOPPING

BUYING GUIDE

Most of the products shown editorially in *Better Homes and Gardens*® magazine can be obtained locally. For more information, write the manufacturers listed below. Some privately owned or custom-made items have been omitted from the product listing.

MAKING A GRAND ENTRANCE

Pages 21–26: Concrete pavers—UNI-GROUP U.S.A., 4362 Northlake Blvd., Suite 109, Palm Beach Gardens, FL 33410. UNILOCK CHICAGO, Inc., 301 E. Sullivan Rd., Aurora, IL 60504. **Cobblestones**—Michael Vandever Assoc., 4265 Lemp Ave., Studio City, CA 91604. **Flagstones**—Halquist Stone, Box B, 23564 W. Lisbon Rd., Sussex, WI 53089.

WHEN OPPOSITES ATTRACT

Pages 100–101: Glass coffee table—Pace Collection, 11-11 34th Ave., Long Island City, NY 11106. **Glass dining table**—The Door Store, 3140 M St., NW, Washington, DC 20007. **Faux painted walls**—Georgia Walsworth Painted Finishes, 73 Conduit St., Annapolis, MD 21401. **Recessed light**—Lightolier/Genlyt, 100 Lighting Way, Secaucus, NJ 07096-1508. **Drapery fabrication, window treatment hardware**—Herche's, 12641 Fork Rd., Fork, MD 21051.

Pages 102–103: Wicker table—Pier 1 Imports, P.O. Box 961020, Fcrt Worth, TX 76161-0020. **Chairs**—H. Chambers Co., 1010 N. Charles St., Baltimore, MD 21201. **Sisal carpet**—Stark Carpet Corp., 979 Third Ave., New York, NY 10022.

Pages 104–105: Bookcase, love seat and fabric, poster—IKEA, Inc., Plymouth Meeting Mall, Plymouth, MA 19462. **Stools, chrome chair**—The Door Store (address above).

Pages 106–107: Sisal carpet—Stark Carpet (address above). **Coffee table, birdcage**—Pier 1 Imports (address above). **Bookcases**—The Door Store (address above).

DOWN HOME IN DIXIE

Page 109: All windows—MW Manufacturers, Inc., P.O. Box 559, 130 Franklin Rd., Rocky Mount, VA 24151; 800/999-8888. **Interior and exterior paint**—Benjamin Moore Co., 51 Chestnut Ridge Rd., Montvale, NJ 07645. **Shutters**—Paul Argo, P.O. Box 8, North, SC 29112. **All brass light fixtures**—The Brass Light Gallery, 719 S. Fifth St., Milwaukee, WI 53204. **Nightscaping**—Loren, Inc., 1705 E. Colton Ave., Redlands, CA 92374. **Lights**—Furnished by Exquisite Lighting and Design, Inc., 7601 Waters Ave., Savannah, GA 31406.

Pages 110–111 (*top left*): Picture, "Morning Over Tybee"—Ray Ellis, Compass Prints, Inc., 205 W. Congress St., Savannah, GA 31401. **Love seats, fabric,** "Turino" by Henredon—Drexel Heritage Furnishings, Drexel, NC 28619; 800/447-4700. **Fireplace tools,** "Egret"—Bernard Iron Works, 31 Flynn Ave., Savannah, GA 31406. **Fireplace screen**—Savannah Brass, 7060 Rodgson Memorial Dr., Savannah, GA 31406. **Bakers rack,** Henry Link—Lexington Furniture Ind., 411 S. Sallsbury St., Lexington, NC 31405. **Coffee table, end tables, lamp**—The Vulpiani Workshop, 11 Field Ct., Kingston, NY 12401. **Area rug**—Pars Collection of Oriental Rugs, 2508 Abercorn St., Savannah, GA 31401. **Hardwood floor**—Cowart's Floor Surfacing, 207 Cushing Dr., Savannah, GA 31406. **(*Center*): Area rug,** "Floral Corolla"—Capel, Inc., Troy, NC 27371. **Fabric on pillows, bench cushion, window treatment,** "Cassandre" in Maize by Fabriyaz—Tailor Made Draperies, Inc., by Carlton Parker, 27 E. Derenne Ave., Savannah, GA 31405. **Barrel chairs**—The Vulpiani Workshop (address above). **Coffee table,** Henry Link—Lexington Furniture Ind., 411 S. Sallsbury St., Lexington, NC 27292. **Recessed lights**—furnished by Exquisite Lighting and Design, Inc., 7601 Water Ave., Savannah, GA 31406. **Recessed lights**—Marco/Hubbell, 2000 Electric Way, Christainsburg, VA 24073. **Picture,** "Corner of Garden"—Ray Ellis (address above). **Cast iron cat**—Savannah Brass (address above). **Canisters, vases, plant stand**—W. Michael McCraken, Turn of the Century Decorative Arts, 747 Myrtle St., Atlanta, GA 30308.

Pages 112–113: French doors—Morgan Distribution, 128 McQueen St., West Columbia, SC 29169. **Custom colonnade bookcases**—Highland Contracting Inc., 9314 Whitefield Ave., Savannah, GA 31406. **Bookcase doors**—Post Tree Production, 400 E. Jones St., Savannah, GA 31401. **Wall covering, fashon,** "Grand Terrace Collection" in Compass Stria—GenCorp Polymer Products, 3 University Plaza, Suite 200, Hackensack, NJ 07601. **Dining room table, armchairs**—The Vulpiani Workshop (address above). **Straight chair**—Richard Gallery, 2 Lower Byrdcliffe, Woodstock, NY 12498. **Area rug,** "Surf"—Capel, Inc. **Fabric table runner**—W. Michael McCraken (address above). **(*Bottom right*): Area rug**—Pars Collection of Oriental Rugs (address above). **Coatrack**—W. Michael McCracken (address above).

continued on page 178

ROOM ARRANGEMENTS
Awkward-space remedies

Got a room that seems too wide, too narrow, too cavernous, too snug—or just plain weird? With great-looking furniture and a clever room arrangement, you can turn even an awkward space into an inviting one. Here's how.

Cozy up a big room. Instead of lining the walls with seating pieces, break an oversize space into a couple of intimate groupings by floating furnishings in the center of the room.

Live big in a small area. Scaled-down furnishings can add up to scaled-down comfort and style if you're not careful. The solution? Try including one large furniture piece—say, a grand sofa instead of a small settee, or an imposing armoire instead of a small TV cabinet—to lend grandeur to a tight spot.

"Widen" a narrow space. Take a cue from railroad car seating and set major furnishings crosswise to break a skinny room into a friendlier time-out spot. If you have enough space, turn this grouping on the diagonal to stretch the room's apparent width further. Finally, reduce that tunnel feeling even more by spanning part of the narrow end wall with something wide, such as a grouping of bookcases.

"Fix" a low or high ceiling. The furniture you put in a room can change the space's apparent height, too. Ceiling too low for comfort? "Raise" it with a floor-to-ceiling window treatment and tall furniture pieces. Feeling lost in a high-ceilinged space? Anchor yourself with a colorful area rug, low-level lighting, and artwork hung so that it's at eye level when you're seated.

For more room arrangement tips and a complete home planning guide, send $3 to Bernhardt Furniture Co., Dept. BHG, P.O. Box 740, Lenoir, NC 28645.

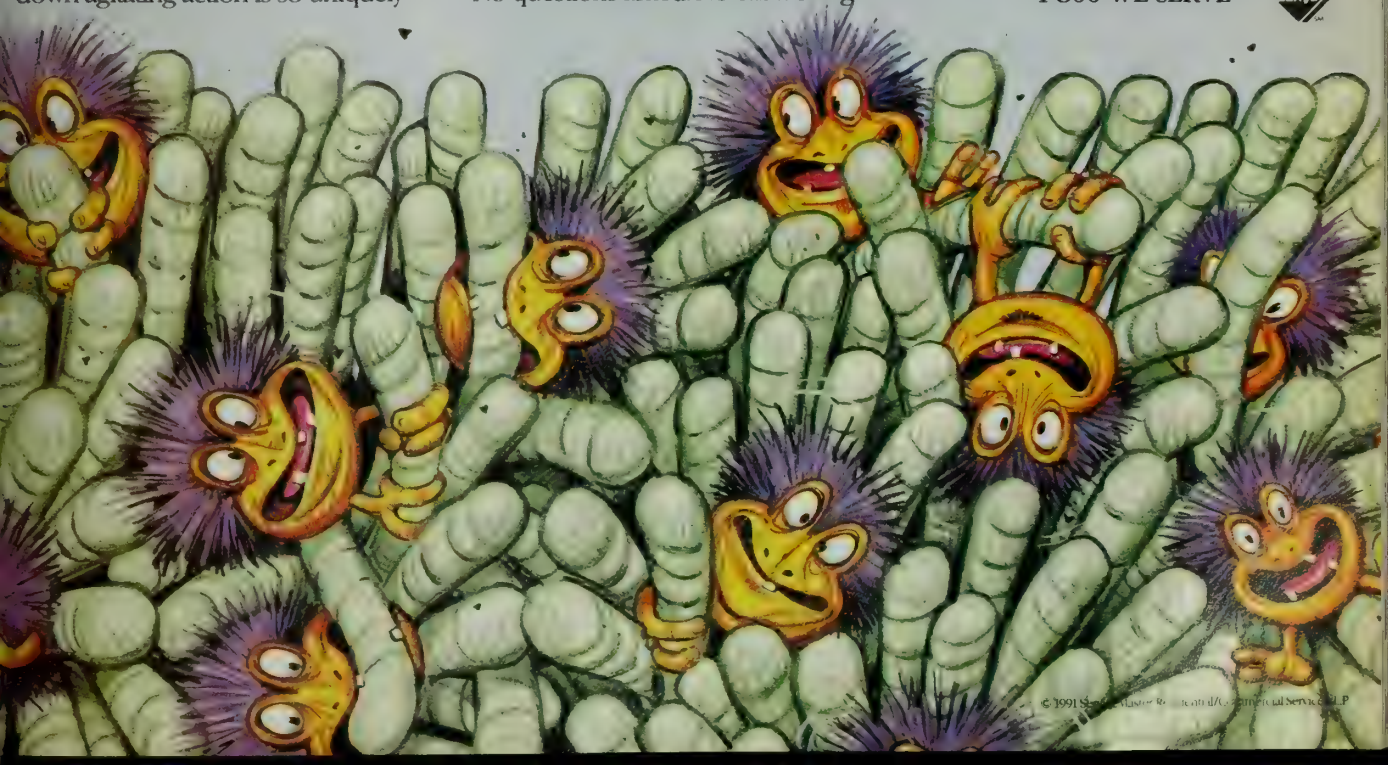
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HURD WINDOW IDEA GUIDE—Full-color booklet shows complete line of Hurd wood and aluminum clad windows and patio doors. Idea Guide presents Hurd Windows' "total performance" story: Windows from R2 to R8; greatest protection available from fabric fading due to UV; the "quietest" windows you can buy, reduces outside noise to 1/20th original volume; and more! HURD MILLWORK COMPANY. FREE. Circle No. 8.

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WOOD FLOOR BROCHURE—Full-color, 12-page catalog describes the benefits and product selection of Mannington's five-ply, cross-grained laminated wood floors, featuring the exclusive UltraWear™ polyurethane finish and excellent performance guarantees. MANNINGTON WOOD FLOORS. $1.00. Circle No. 13.

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MARVIN WINDOWS IDEA BROCHURE—Illustrated with four-color photos and renderings how window sizes and styles affect the appearance of your home. Information on how window construction can affect energy efficiency and maintenance is also provided. MARVIN WINDOWS. FREE. Circle No. 15.

Merillat's Kitchen Design and Planning Kit—Design like a professional, includes everything you need for complete kitchen planning: Easy-to-follow instructions, decorating ideas, layout tools, product and specification brochures, checklists, and more. MERILLAT. $6.00. Circle No. 16.

"Tips On Wood Finishing"—Informative 30-page booklet features easy step-by-step instructions for wood finishing and repair projects with Minwax products. Highlights include: color chart, product review and wood care suggestions. Learn to beautify and protect new wood as well as restore and spruce up older wood. MINWAX. FREE. Circle No. 17.

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PELLA WINDOWSCAPING BOOKLET—Windowscaping (SM) refers to bringing the outside in and designing with windows. Windowscaping (SM) is easy with this 19-page booklet from Pella/Rolscreen Company which offers innovative applications for windows, doors, sunrooms and skylights for building, remodeling and replacement. Energy-efficient systems are fully illustrated along with Pella's complete accessory line. PELLA/ROLSCREEN COMPANY. FREE. Circle No. 21.

RAYNOR GARAGE DOORS—A full color catalog that illustrates the decade series of steel residential garage doors on a variety of homes. The Decade garage door is the only door warranted to last as long as you own your home! RAYNOR GARAGE DOORS. $1.15. Circle No. 22.

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"3M GUIDE TO EXPERT WOOD REFINISHING"—A new booklet provides step-by-step instructions about wood refinishing. It includes a section about stripping wood with SAFEST STRIPPER™ brand paint and varnish remover. 3M. FREE. Circle No. 28.

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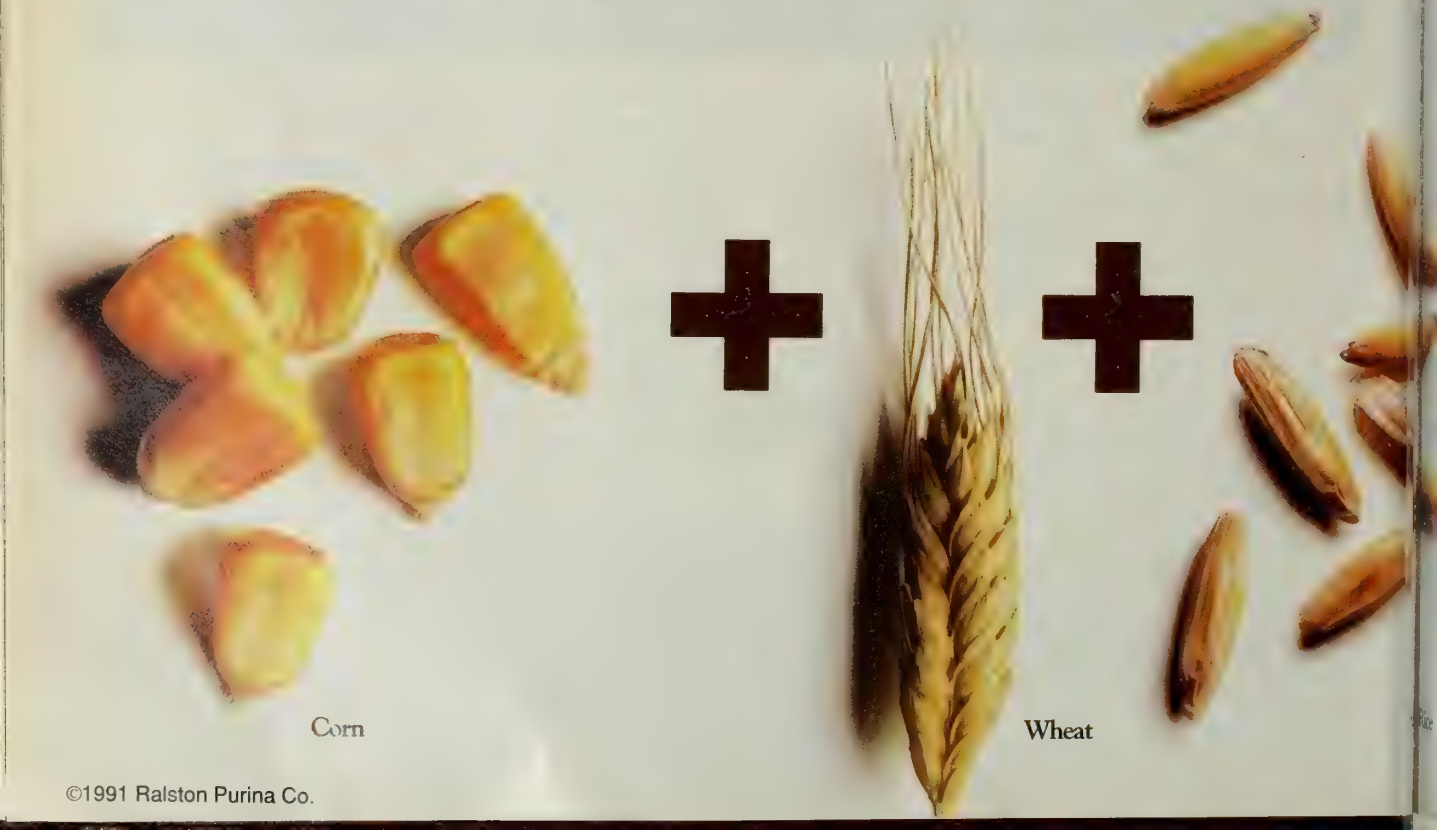
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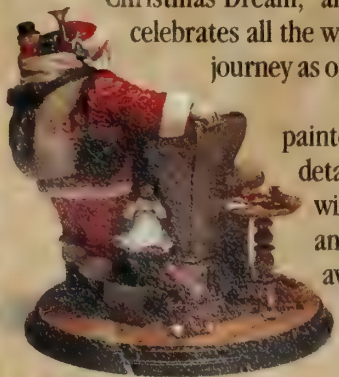
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WHEN OPPOSITES ATTRACT

BY SANDRA S. SORIA



MARRYING TRADITIONAL AND MODERN TASTES IN A TINY TOWN HOUSE

Eileen Deymier is a thoroughly modern woman; Stephen O'Brien is a traditional kind of guy. So when they married three years ago, one suburban town house had to make room for differing decorating tastes. Their solution shows how anyone can find a happy meeting ground for seemingly conflicting styles.

Buying information, see page 92



PHOTOGRAPHS: TIM FIELDS. DESIGN: STEPHEN O'BRIEN, THE H. CHAMBERS CO.

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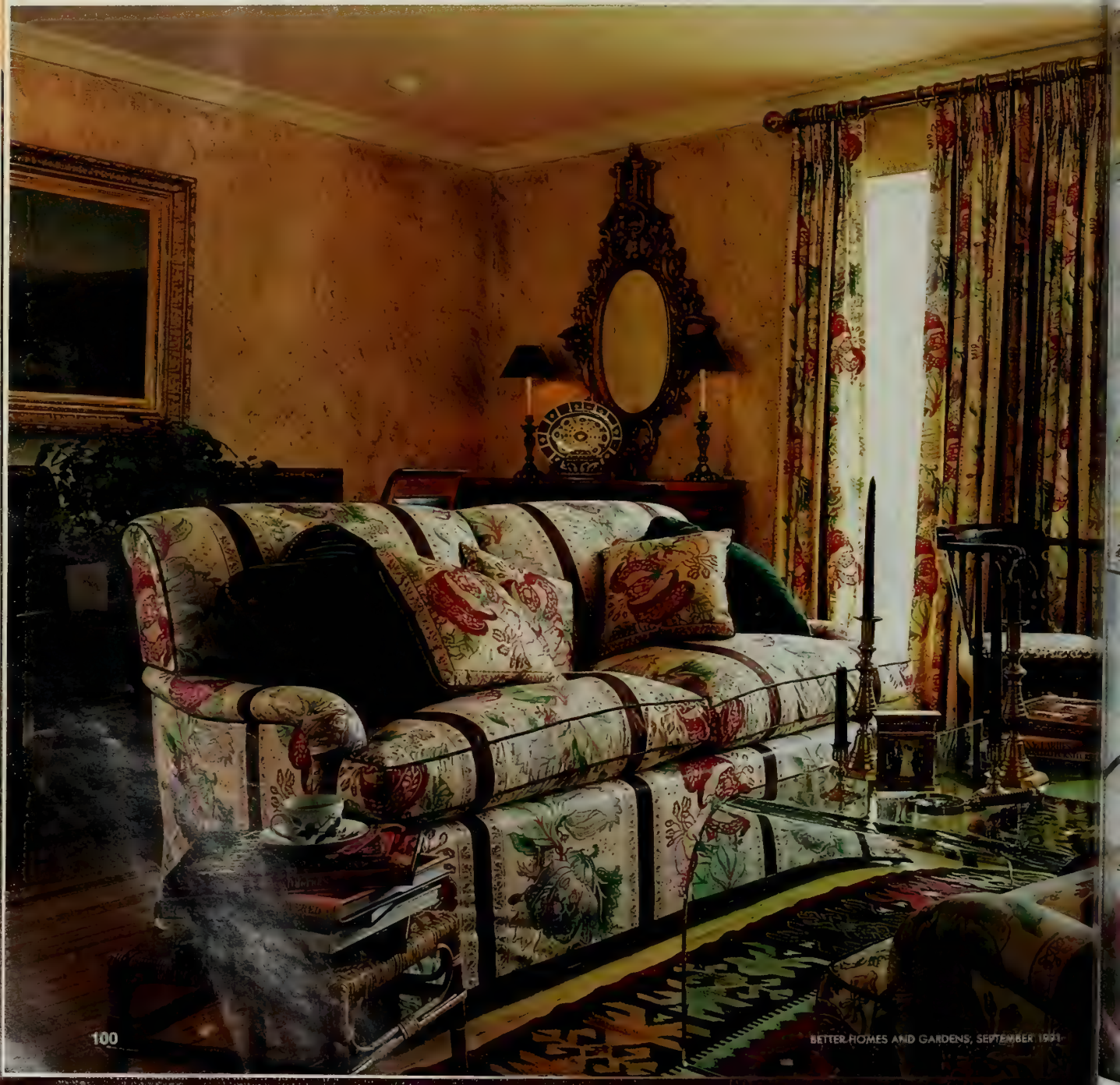
WHEN OPPOSITES ATTRACT

It's a common tale these days: A couple marries in mid-life, each partner bringing to the mix years of gathering maturity, wisdom—and furnishings. "We began merging households by analyzing the good and bad about this house," says Eileen, "then deciding what each of us *had* to keep."

The town house's strengths and weaknesses were obvious. On the plus side, Eileen's 1986 find was affordable and low-maintenance. The negative? "The style is what I like to call 'absence of architecture,' " she says.

Crisp white backdrops were fine when Eileen's modern pieces lived here alone, but when Stephen moved in his beloved collection of English

"I once thought it highly unlikely that I would marry a woman who likes contemporary art and furniture,



furnishings, something had to be done to make them feel at home. A crown molding quickly adds needed architecture. Then, a fancy wall finish (caramel glaze dabbed on a beige base with crumpled tissue) adds another hint of age. Fabric throws the boxy room more needed curves, and links a narrow side window with glass sliders.

"Accessories bring a room to life," says Stephen, an interior designer. He proves it with family photos, framed pages from an old book, and found treasures.

but now I find I enjoy the mix." — Stephen



Go-with-anything glass tables clear the way to a colorful kilim rug and a lake view out the sliders; plus, glass lightens the traditional mood for Eileen.

WHEN OPPOSITES ATTRACT

Stephen has been collecting vintage English furnishings since he was a college student. By investing in pieces that never go out of style, his buy-the-best philosophy pays him back in the long run. "When you're starting out," he says, "establish a good-faith reputation with a trusted dealer. Many dealers will allow you to buy pieces on time, which is the only way I could afford some of my treasures."

Clean-lined classics not only look forever fresh, but they also get along with other styles. This handcrafted, reproduction four-poster seems relaxed in a room softened with a modern pastel palette. The watercolor shades were plucked from Eileen's fa-

"Our bedroom houses pieces that are special to both of us, so when we put them together,



The classic and the contemporary *can* live together in harmony. Equal doses of old and new (with a mellow patina shared by all) coax the mix in this bedroom.

vorite floral paintings, framed with mats brushed with the wall paint.

By tucking in a pair of petite upholstered chairs at the foot of the mountainous bed, the couple gives the small room suite status. Braced to the wall, an antique mantel Eileen found along the way adds to the grandeur and visually balances the weight of the bed.

they just seemed to work. — Stephen





Faking it makes great decorating. Though flameless, a wood mantel still warms the room. Master of illusion Eileen quickly aged this wicker table with paint.

WHEN OPPOSITES ATTRACT

In this family home, marital compromise results in a home of many moods. Though seconds away from the traditional living area, this sitting spot is years away in feeling.

With only the counter separating the sunny spot from the kitchen, it had been slated as a dining area. But this couple shunned that room label by putting their dining pieces in the living room. "We are paying a premium for a lakeside view, which happens to be on the other side of the home," Eileen says. "So I certainly wasn't going to eat my meals watching my neighbors park their cars!"

Ready-to-assemble modulars lend kitchen storage, a bookish backdrop

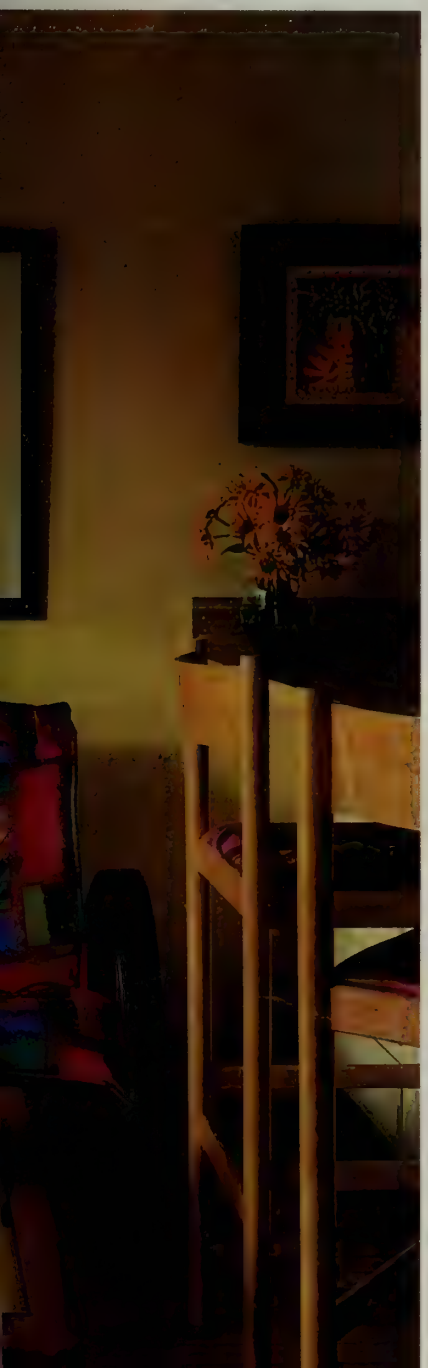
"This is my winter haven. The sun streams in, and it's a great spot to read cookbooks and fantasize



A fine spot for breakfast or after-work chatter, this room's fiery colors spark a cheery attitude. A new countertop was cut for a place for two to perch.

for a writing desk, and architectural punch. Their mellow wood shades echo the lightened up floor. "When I moved in, the floor was in terrible shape and stained a dark brown," she says. "The refinisher was reluctant to sand it because the wood was factory finished. But I convinced him . . . and it still looks great four years later."

about having the time to cook." — Eileen





"I bought the black table unfinished," says Eileen. "It's been about seven colors, and has been used for everything from sewing to dining."

"I've never loved chasing dust balls under beds," says Eileen, "so at the top of the steps I put box springs, upholstered with linens, directly on the floor."

WHEN OPPOSITES ATTRACT

"The loft is our 'beach room.' It's a place to dream among books and shells collected on trips to the Bahamas." — Eileen

When Eileen and Stephen long to get away, they don't have far to go. At the top of sand-hued stairs rests their beachy dream home. "It's a wonderful spot to play hooky," says Eileen.

With both classic sofa and modern accents, this room is another design meeting ground. "Eileen will always like contemporary while I prefer strict traditional," says Stephen. "But when you make a home that comes from both of you, you're bound to love it."

To accommodate coats and out-of-season clothes, Eileen turned a niche into a closet, leaving the vaulted ceiling exposed for a triangle of display.



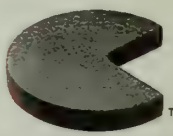
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DOWN HOME IN DIXIE

A brand new house in Savannah draws upon the simple charms of an earlier day

You'd swear this heart-stealing two-story house in Savannah, Georgia, was at least 80 years old. Look again; a few months ago it was just a set of plans on the drawing board. What makes this echo of an earlier era so convincing? A host of authentic details borrowed from historic homes in the neighborhood, and an interior decor that takes its cue from Arts and Crafts designs of the early 1900s.

BY WILLIAM L. NOLAN





Double-hung windows on the main floor plunge to the baseboards. The sashes meet at wainscot height.

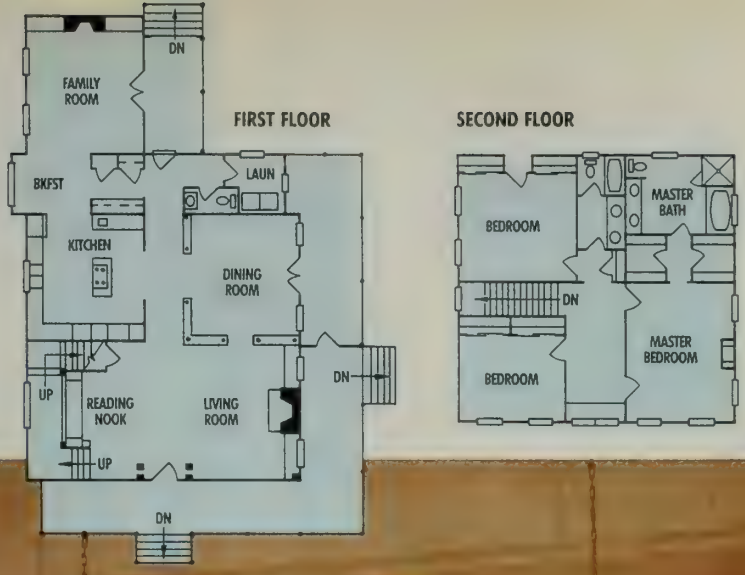
Plump sofas lure you toward the hearth to admire the pleasing planes of mantel, wainscot, and trim.

DOWN HOME IN DIXIE

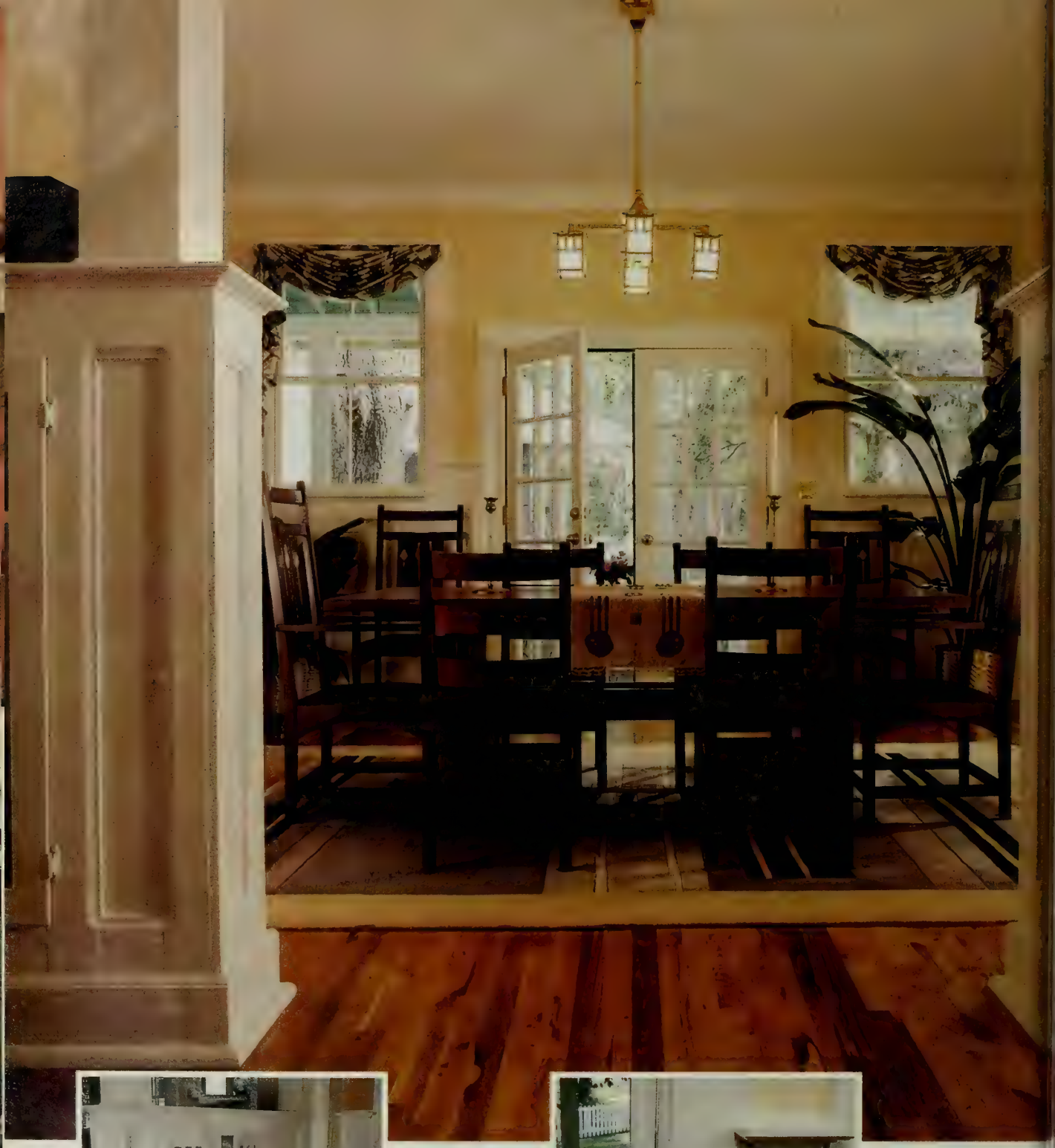
For the past six years, builders Bruce McNall and Gordon Cross have been breathing new life into a 19th-century neighborhood on the outskirts of Savannah called Isle of Hope. When news of their efforts reached *Better Homes and Gardens*® building editors, we recruited the American Wood Council to help Cross and McNall launch their latest project. Dubbed the Bruce Gordon house, it blends so perfectly with its century-old neighbors that passersby ask, "Where did you move that house in from?"

Earlier homes in the area were shaped by the Craftsman movement, a late-19th century reaction against the fussy ornateness of Victorian design. For the Bruce Gordon house, architect Gerald D. Cowart created an authentic local variation of the Craftsman theme: a simple, boxlike structure wrapped with broad verandas and tucked under deep overhangs. Like its northern cousins, the Bruce Gordon house traded gingerbread for plank-and-post simplicity. Therein lies its charm: refreshingly spare design that appeals with pleasing proportions, not fussy decoration.

Clean lines shaped the interior as well as the exterior. Rooms on the main floor are marked off with square posts and crisply boxed beams. Tall windows stretch virtually floor to ceiling, pumping in light on all sides. Interior designers H. Linden McDowell and Sherry Brown tempered the home's spareness with a comfortable mix of Craftsman and contemporary-style furnishings. They left the oak floors natural and grouped the furnishings on area rugs, creating islands of intimacy under the 10-foot ceilings.



The switchback staircase wraps around a book-lined bench at one end of the living room. Square posts, sturdy built-ins, and recessed-panel wainscoting add Craftsman character.





Muntins in the glass doors on the built-in bookcases echo those in the Craftsman-style lighting fixtures.



No need for fancy fretwork; wide casings and deep sills and ledges lend ample character to the architecture's simple planes.



Simple lines in the architecture and furnishings play up the dining room's formal symmetry. The chairs and table accessories are Craftsman antiques.

DOWN HOME IN DIXIE

Rooms on the main floor open to a central hall that stretches through the house from front to back—a popular feature in southern homes. Honey-hued oak flooring in the hall flows through wide arches into the dining room, living room, and kitchen, merging them into one grand space. Glass-front cabinets topped with square posts flank the formal dining room.

Like Craftsman builders of old, Cross and McNall achieved visual richness by shaping plain, honest materials in simple but subtle ways. They milled the trim from southern pine and fashioned the wainscoting by nailing pine boards to maple-veneer plywood, then routed the interior edges of the boards in place. They also routed the interior edges of the doors on the storage units so the glass could mount behind the muntins rather than between them. These shortcuts saved considerable cutting, fitting, and mitering, yet the results rival those of yesteryear's crafters.



Entry doors front and rear turn the central hall into a breezeway. Flooring throughout is No. 2 white oak, left natural instead of stained.



Photographs: Rick Taylor. Architect: Gerald D. Cowart, Cowart Design Group Architects. Interior design: H. Linden McDowell, ASID, and Sherry Brown, ASID, Design Solutions, Inc. Builders: Bruce McNall and Gordon Cross, Highland Contracting, Inc. Regional editor: Margaret Ann Fowler

DOWN HOME IN DIXIE

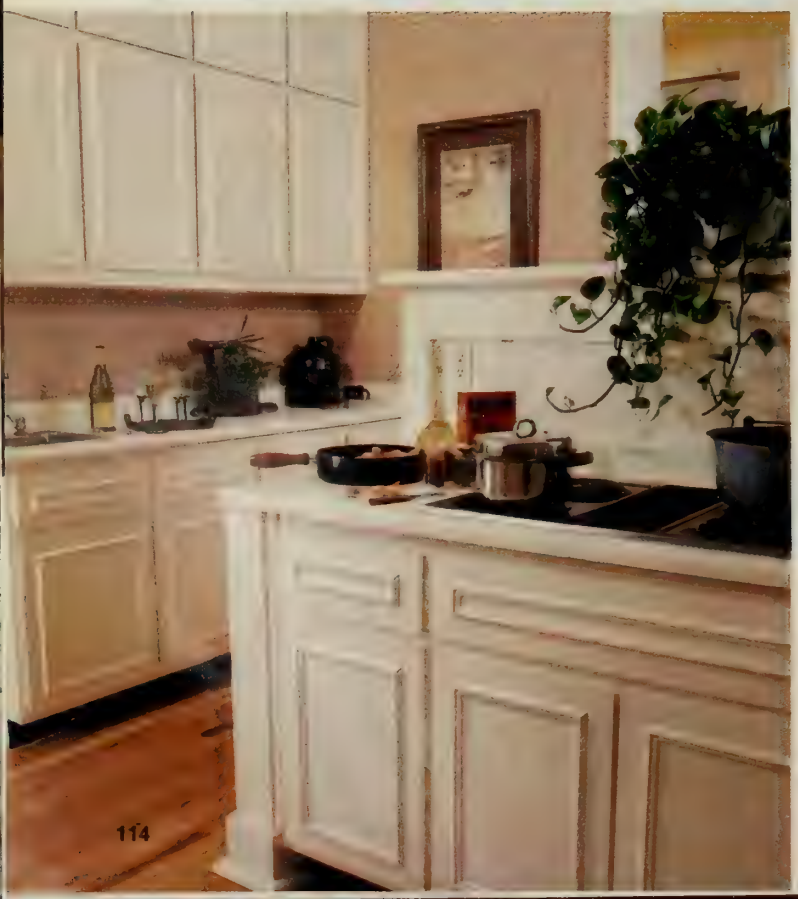
Craftsman-style houses make especially good sense in the South because their broad verandas offer welcome retreats from summer's heat. At the Bruce Gordon house, the veranda shades the front entry and big front windows, and offers a spot to chat with neighbors who happen by during evening strolls—a favorite form of recreation in Isle of Hope. The screened portion of the veranda includes a sitting area at one end and an eating area at the other. On warm evenings, family and guests can fling open French doors and wander out to relax on the porch after a big meal.

Vintage-style detailing puts the kitchen in tune with the home's architectural heritage. Molding on the cupboards echoes the raised-panel millwork of an earlier day, and the "footed" island recalls the big cast-iron cookstoves that once dominated old-fashioned kitchens.

Buying information, see page 92



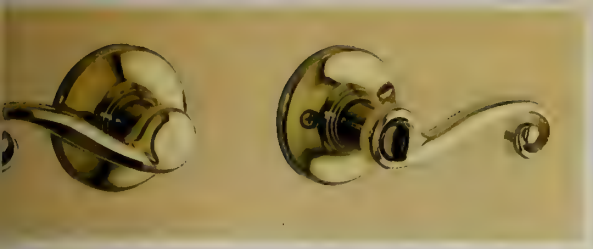
Three big windows in the kitchen deliver abundant natural light for food prep and cleanup near the double sink.



The island cooktop is just a step away from the refreshment center, which includes its own sink.



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DOWN HOME IN DIXIE

When it comes to classic design, beauty is always more than skin deep. Details that lend a classic house distinctive character and timeless appeal also serve practical functions—even in the 1990s. The Bruce Gordon house is no exception. For example, those extra-deep eaves and porches aren't just for looks; they also offer protection from the heavy rains that frequently deluge low-country Georgia, and they eliminate the need for gutters and downspouts. The central dormer isn't just a focal point for the front facade; it's also an escape hatch for heat buildup in the pyramidal roof. Those elegantly elongated windows play a practical role, too: they let cool air slip into the rooms at floor level and let warm air escape near the ceiling. And take a close look at the shutters outside: they've already earned their keep by shielding the panes during Hurricane Hugo. Not a single pane cracked or blew out!



Operable shutters provide valuable protection during hurricane season. The beveled siding is 1×6 southern yellow pine.



An open porch protects the service entry and shades French doors in the family room wing.



Small holes between the rafters release heat buildup in the roof framing; a large vent in the dormer cools the attic.

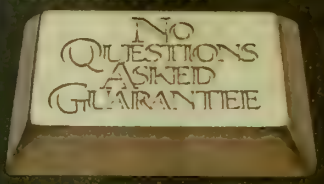


The Bruce Gordon house borrows colors from its vintage neighbors: white clapboard, dark green shutters, and a red roof.



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MASTER SUITE MAGIC

BY TOM JACKSON



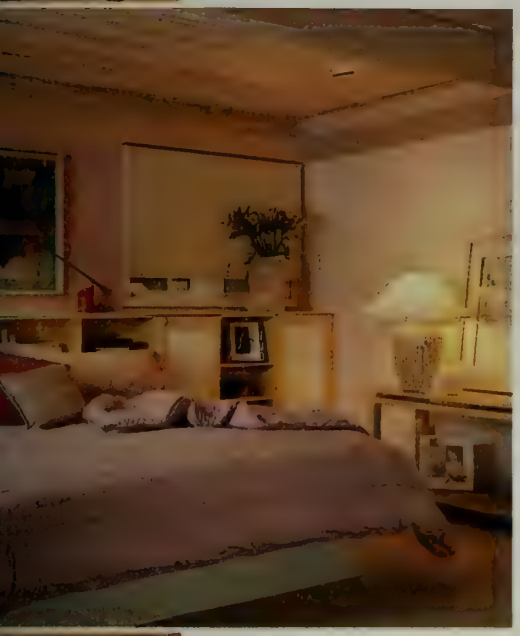


Magical, yes. Sleight of hand, no! If you need a place to which you can disappear every once in a while, if you want to build something better than the usual flat-ceiling, tack-on box, here's the solution—right before your eyes.



Mornings look magnificent when you wake up to treetop views. And when the day is over, our sensibly sized, 18×18-foot retreat offers work-weary adults full-service comforts. Different ceiling heights create different moods within the bedroom. The vaulted ceiling, with its gable clerestory, lifts your eyes and your spirits. The low, flat ceiling hovers over the bed for a cozy, more intimate feeling. Deep cornice moldings dramatically announce the height changes, and whitewashed tongue-and-groove cedar gives the ceilings a warm glow.

MASTER SUITE MAGIC



◀ **Dreams can be sweeter when you doze off without worrying about where to put things. Modular shelving and cabinets give you wall-to-wall storage along a built-in headboard. Above the shelves, pleated window shades secure privacy with a clean, unfussy look.**

▼ **Before the remodeling, the home snuggled up to a magnificent forest, yet the plain exterior rendered the back of the home unused and inhospitable. Adding the master suite and deck transformed this slighted sylvan setting into the focal point of family activities.**

The master suite gave the facade some depth and dimension. Detailing along the deck rail repeats a shoji-screen motif used in the bath. On the right side of the deck, a sheltered hot tub offers a place to soak away cares.

Buying information, page 92.



We developed this project in conjunction with the Western Wood Products Association and architect John Hasenberg who worked with our editors and homeowners John and Carlyn Draneas to create this addition. Also participating: Interior design: Vikki O'Leal. Contractor: Neil Kelly Co. Landscape design: Connica Towles. Photographs: Stephen Cridland. Regional editor: Cathy Howard



Bathing is a delight in our Japanese-inspired room. Teak and cedar, waterproofed with marine varnish, shed the water in the shower stall. A Kalwall panel (a spaced, double sheet of translucent fiberglass) framed in cedar trim lights the shower with a soft, shoji-screen look. Three awning windows let light in and keep moisture out. The open top of the stall and the Kalwall panels generously spread the light from the awning windows and skylights.

MASTER SUITE MAGIC

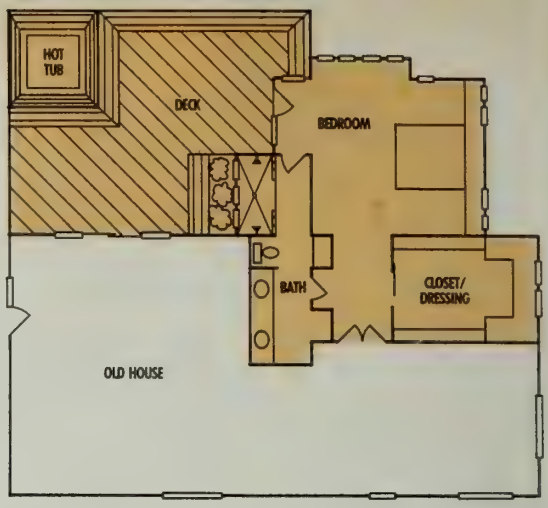


◀ For quick-start mornings, cabinets and shelves in the vanity area hold everything from toothpaste to a TV. There's even a niche for a coffeemaker.

The light fixtures repeat the shoji theme, and the two-level counters put the working surfaces at the right height to prevent back strain. Sponge-painted walls mimic a rice-paper look.

▼ The built-in wetbar, mini-fridge, and media wall put food and entertainment at your fingertips. Ash-frame cabinets with laminate panels add to the light and airy feeling throughout the suite. On the right, one door leads to the bathroom and the other leads outside to the deck.







▲ The addition drops into the footprint of the old plan to get space for the walk-in closet, the media wall, and the vanity area. Windows beside the bed, in the sitting area, and in the bathroom bring light and views into every corner.



▲▶ Inside and out, the shower wall is the same—translucent panels framed in cedar trim. The panels maintain privacy but illuminate the bath with a grid of soft, warm light. Inside, a tile bench offers a comfortable seat. Outside, the cedar planter creates a sense of privacy between the shower wall and the rest of the deck.



◀ Nothing's stuffy about this closet. Windows help illuminate everything in this 10x15-foot, walk-around dressing area. Clothes and cabinets hang along both walls. A center island holds shoes and sweaters and a low bench for sitting or suitcase packing. BH&G



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Golden honey. Crunch
graham. And a sprinkle
cinnamon. Now you ca
enjoy all three in a mo
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Introducing New Honey, Graham & Cinnamon Quaker Chewy® Granola Bars.



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BY
JULIA
MALLOY

HOMEMADE IN NO TIME

9 timesaving strategies for delicious dinners



PHOTOGRAPHS: SCOTT LITTLE. FOOD STYLIST: JANET HERWIG

Roast Chicken Tarragon

Recipes begin on page 145.

STRATEGY 1

Pamper everyone, including yourself, with an oven-cooked dinner that frees you from the kitchen. Brush a chicken with tangy sauce and roast it to crispy perfection.



Mandarin Chicken with Noodles

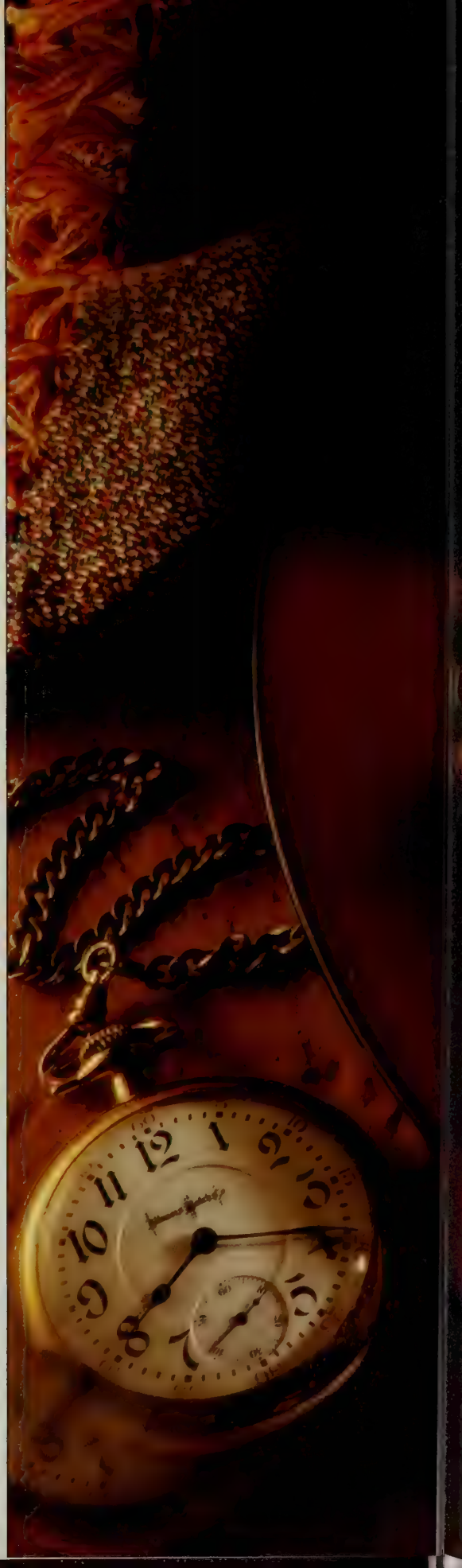
STRATEGY 2 COUNT ON 20-MINUTE MEALS

Yes, you *can* prepare these satisfying suppers in 20 minutes, *without* racing around the kitchen. What makes them so speedy? In Mandarin Chicken with Noodles, fast-cooking oriental noodles boil with the vegetables. Quick-cooking rice cuts the cooking time for the main-dish pilaf. And the stir-fry's ground beef and corn need no chopping.



Black Bean and Ham Pilaf

Recipes begin on page 145.



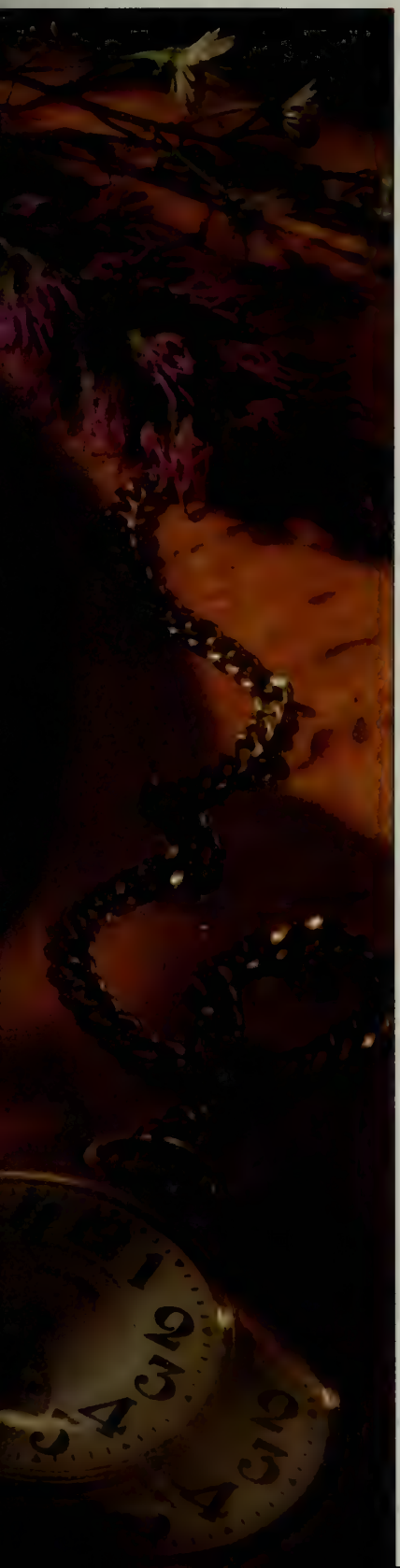

Southwestern
Stir-Fry
HOMEMADE IN NO TIME

Homemade in no time



Ratatouille-Style Chili





STRATEGY 3 MAKE A BONUS BATCH

When the mood to cook strikes you, put away some homemade meals for no-time-to-fix-dinner days. Each recipe makes enough to feed your family today, plus extra for another meal. You can freeze the bonus servings in family-size containers or in individual portions, in case busy schedules demand eating in shifts.

Brunswick Chicken Potpies

Recipes begin on page 146.



HOMEMADE IN NO TIME



Orange-Ginger Pork Roast

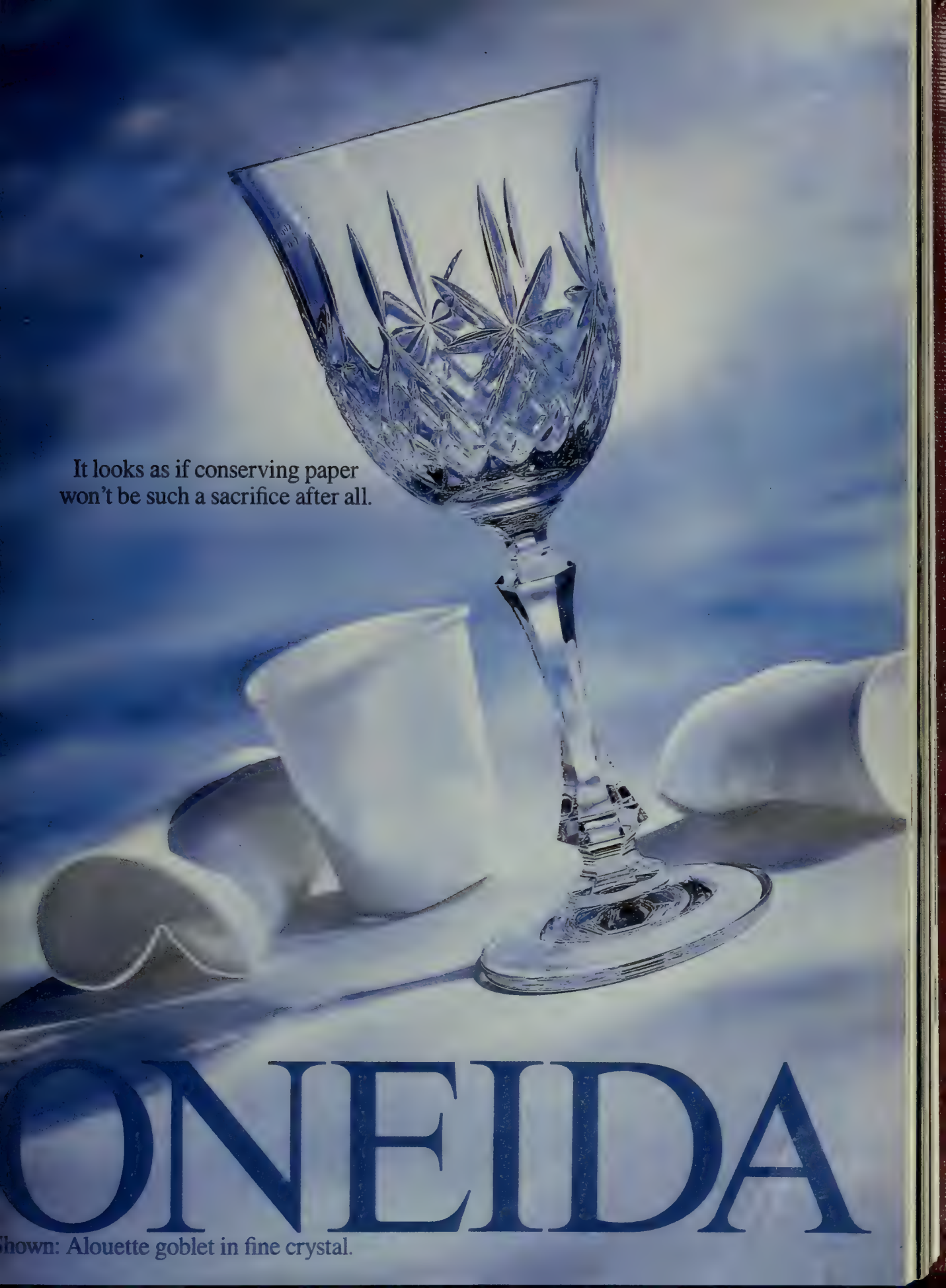


Pork Fried Rice Supper

STRATEGY 4 GET TWO DINNERS FROM ONE

Here's proof that you can easily turn one great dinner into a whole new meal. Change the "leftovers" we've built into *Orange-Ginger Pork Roast, Pea Pod Salad with Sesame-Soy Vinaigrette,* and *Chinese Boiled Rice* into tomorrow's fried rice supper. The "planned over" idea even works for your beverage—hot tea becomes iced tea the second time around.

Recipes begin on page 147.


It looks as if conserving paper
won't be such a sacrifice after all.
ONEIDA
Shown: Alouette goblet in fine crystal.

Pastrami Salad Dijon



STRATEGY 5

NO-COOK SUPPER

This main-dish salad fits today's quest for quick and light dining. The gentle bite of Dijon-yogurt dressing tops each serving.

Creamy Lemon Chicken and Vegetables



STRATEGY 6

MAKE IT MICROWAVE

Your microwave oven really cuts the cooking time for tender, moist chicken and pares the number of dishes that you need.

Recipes begin on page 148.

HUNT'S® GREAT AMERICAN COOKS

This is Carol Hancock.
World Chili Cook-off Champion.
Favors rhinestones with denim.
She uses Hunt's.



This is her Hunt's
Shotgun Willie Chili.

This is one five-star bowl of red. With beans on the side please, and sirloin to sear. It also has Hunt's right in the thick of it. Where Hunt's has been in crowd-pleasing kitchens for over 100 years. Carol says this has "just the right amount of kick." You should see the way she smiles when she says it.

Carol's Shotgun Willie Chili

3 lbs. trimmed sirloin beef, cubed or coarsely ground
2 medium onions, finely chopped
1 Tablesp. fresh minced garlic
9 Tablesp. Wesson Vegetable Oil
1 (15-oz.) can Hunt's Tomato Sauce
½ cup Gebhardt Chili Powder
1 (14½-oz.) can beef broth
1 Tablesp. New Mexico Chili Powder
1 Tablesp. Pasilla Chili Powder
1 Tablesp. each: ground cumin, salt and vinegar
1 teasp. each: ground oregano and pepper
½ teasp. each: cayenne pepper and hot pepper sauce

In large bowl, combine beef, onions and garlic. In Dutch oven or stockpot, brown ⅓ beef mixture in 3 tablespoons hot oil; remove and set aside. Repeat with remaining beef and oil. Leave last batch of cooked beef in pot and add first 2 cooked batches with remaining ingredients. Stir until well blended. Simmer, covered, 2 hours, stirring occasionally. Makes 8 cups.



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IT HAD TO BE HUNT'S.





Any-Way Burritos

GROUND MEAT
ground beef
ground pork
ground sausage
ground turkey

VEGETABLE
1 cup chopped green pepper
1 8¾-oz. can whole kernel corn, drained
1½ cups chopped fresh mushrooms (4 oz.)

SEASONINGS
1 Tbsp. chili powder
1 tsp. Italian seasoning
1 tsp. Cajun seasoning

CHEESE
mozzarella cheese
American cheese
cheddar cheese
Monterey Jack cheese with jalapeño peppers

STRATEGY 7

RAID THE PANTRY

Check your refrigerator, freezer, and cupboards. More than likely, the makings for these versatile burritos are all right there. Use the ingredient options (*above right*) as your guide.

ANY-WAY BURRITOS

8 8- *or* 10-inch flour tortillas
12 oz. desired ground meat (choose 1 option)
½ cup chopped onion
1 clove garlic, minced
4 tsp. all-purpose flour
Desired vegetable (choose 1 option)
1 8-oz. can tomato sauce
1 7½-oz. can tomatoes, cut up, *or* one 8-oz. can stewed tomatoes
Desired seasoning (choose 1 option)
1 cup shredded desired cheese (choose 1 option)

Stack tortillas; wrap in foil. Heat in a 350° oven 10 minutes to soften.

For filling, in a large skillet cook desired meat, onion, and garlic till meat is brown. Drain off fat. Stir in flour. Stir in desired vegetable, tomato sauce, tomatoes, and desired seasoning. Cook and stir till thickened and bubbly and vegetables are tender.

Spoon about *⅓ cup* of the filling onto *each* tortilla just below the center. Top *each* with *2 tablespoons* desired cheese. Fold bottom edges up and over, just to cover the filling. Fold in opposite sides, just till they meet. Roll up tortillas from bottom. Fry, bake, or micro-cook rolls as directed.

To fry, secure rolls with toothpicks. In a heavy deep skillet or saucepan heat about 1 inch *cooking oil* to 365°. Fry filled rolls, 2 or 3 at a time, for 1 to 2 minutes on each side or till crisp and golden brown. Drain on paper towels.

To bake, place rolls, seam side down, on an ungreased baking sheet. Bake, uncovered, in a 375° oven for 15 to 25 minutes or till golden and hot.

To micro-cook, place 4 rolls on a microwave-safe plate. Cover with paper towels. Micro-cook on 100% power 1 to 2 minutes or till hot (low-wattage oven: 2 to 3 minutes). Repeat with remaining rolls. If desired, serve rolls on *shredded lettuce*; top with *salsa* and *sour cream.* Serves 4.

Nutrition information per serving with first options: *583 cal. (44% from fat), 30 g fat, 66 mg chol., 33 g pro., 52 g carbo., 5 g dietary fiber, 890 mg sodium. U.S. RDA: 68% vit. C, 44% thiamine, 39% riboflavin, 50% niacin.*

continued on page 142

HOMEMADE IN NO TIME



76% FAT FREE. 30% LESS SALT. 100% GREAT TASTE.

Try *lite* sausage from Swift Premium® Brown 'N Serve.™

Cutting back on sausage because you're watching what you eat? Try delicious Lite sausage from Swift Premium® Brown 'N Serve.™ Ready in just minutes on the stove, only seconds in the microwave. So try the sausage that's lighter on fat and salt, but never light on taste. Lite sausage from Swift Premium Brown 'N Serve.



Swift Premium. Brown 'N Serve Sausage

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NUTRITION INFORMATION

HOW TO MAKE IT WORK FOR YOU

BETTER HOMES AND GARDENS TEST KITCHEN®

Our seal assures you that every recipe has been tested in the *Better Homes and Gardens*® Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

EVERY RECIPE ANALYZED

With each recipe, we give nutrition information. We list the calorie count per serving and the amount of fat, cholesterol, protein, carbohydrate, fiber, and sodium. We also include the percent of calories coming from fat.

The vitamin and mineral levels of each recipe are noted in percentages of the United States Recommended Daily Allowance (U.S. RDA), whenever values exceed 10 percent of the recommended amount. (The U.S. RDAs are dietary standards developed by the Food and Drug Administration.)

HOW WE ANALYZE

We omit optional ingredients from the nutrition analysis.

When ingredient options appear in a recipe (such as margarine or butter), we use the first one for analysis. The ingredient order does not mean we prefer one ingredient or the other. We also use the first serving size listed.

WHAT YOU NEED

Use our analyses to chart the nutrition value of the foods you eat and the recipes you prepare. Nutritionists suggest that healthy adults follow these daily recommendations:

Protein: About 15% of calories
Fat: No more than 30% of calories
Carbohydrate: About 55% of calories
Cholesterol: No more than 300 milligrams
Sodium: 500 to 3,000 milligrams
Dietary fiber: 20 to 30 grams

For example, a moderately active woman who consumes about 2,000 calories a day needs: about 75 grams of protein, no more than 67 grams of fat, and 275 grams of carbohydrate.

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HOMEMADE IN NO TIME

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Note: The cost per serving for each recipe is based on supermarket prices in Des Moines, Iowa, at press time.

STRATEGY 8 COOK A 5-INGREDIENT DINNER

Why throw in everything but the kitchen sink when five ingredients can taste this good?

HAM AND ASPARAGUS BOWS

Cost per serving: $1.48

Cook the pasta and vegetables together, so there's only one pan to clean—

- **4 cups bow-tie pasta, corkscrew macaroni, *or* other small pasta**
- **1 10-oz. pkg. frozen cut asparagus *or* broccoli**
- **8 oz. fully cooked ham slices, cut into thin strips**
- **1 8-oz. container soft-style cream cheese with chives and onion**
- **⅓ cup milk**

continued on page 144





continued from page 143



Creamy filling pools in the folds of bow-tie pasta.

● **In a Dutch oven cook the pasta** in boiling water according to the package directions, except add the frozen asparagus or broccoli the last 5 minutes and the ham the last minute of the cooking time. Drain and return to the pan.

● **In a 2-cup measure stir** cream cheese into milk; add to the pasta-ham mixture in the pan. Stir gently over medium heat till the mixture is heated through. Makes 4 servings.

Nutrition information per serving: *425 cal. (29% from fat), 14 g fat, 33 mg chol., 27 g pro., 50 g carbo., 1 g dietary fiber, 927 mg sodium. U.S. RDA: 16% iron, 17% vit. A, 39% vit. C, 99% thiamine, 49% riboflavin, 50% niacin.*

STRATEGY 9 SLOW-COOK DINNER ALL DAY

Prepare sauce and meat the night before, chill overnight, then switch on the crockery cooker before you leave in the morning.

BARBECUED BEEF SANDWICHES

Cost per serving: $1.72

Slow-cooking makes the meat juicy and tender, just like Texas-style barbecue—

1 cup tomato juice
¼ cup Worcestershire sauce
1 Tbsp. vinegar
1 tsp. dry mustard
1 tsp. chili powder
¼ tsp. garlic powder
¼ tsp. ground red pepper
1 2½- to 3-lb. fresh beef brisket *or* boneless beef chuck roast
8 hoagie buns, split
1 cup bottled barbecue sauce

● **In a 2-cup measure combine** juice, Worcestershire, vinegar, mustard, chili powder, garlic, and red pepper.

● **Trim fat from meat.** Place meat in a 3½- or 4-quart crockery cooker, cutting as necessary to fit. Add juice mixture. Cover; cook on low-heat setting for 10 to 12 hours or high-heat setting for 5 to 6 hours.

● **To serve, remove meat** from cooker, reserving cooking juices. Slice thinly across the grain. Skim fat from juices; strain juices. Spoon some juices over cut sides of buns. Place meat in buns. Top with barbecue sauce or pass additional juices. Makes 8 servings.

Nutrition information per serving: *382 cal. (37% from fat), 15 g fat, 89 mg chol., 32 g pro., 27 g carbo., 2 g dietary fiber, 760 mg sodium. U.S. RDA: 11% calcium, 26% iron, 14% vit. C, 30% thiamine, 32% riboflavin, 44% niacin.*





Pick up deli coleslaw and corn on the cob for a down-home barbecue dinner.

ROAST CHICKEN TARRAGON

Cost per serving: $.47

Round out your meal with almond-topped brussels sprouts and quick-cooking long grain and wild rice—

- **1 2½- to 3-lb. whole broiler-fryer chicken**
- **¼ cup plain yogurt**
- **1 Tbsp. prepared mustard**
- **1 tsp. dried tarragon *or* thyme, crushed**

● **Rinse chicken and pat dry.** Skewer neck skin to back. Tie legs to tail. Twist wing tips under back. Place bird, breast side up, on a rack in a shallow roasting pan.

● **Stir together yogurt, mustard,** and tarragon or thyme; brush onto chicken. Roast, uncovered, in a 375° oven for 1¼ to 1½ hours or till drumsticks move easily. If necessary, to prevent overbrowning, cover with foil the last 30 to 45 minutes. Makes 6 servings.

Nutrition information per serving: *189 cal. (52% from fat), 11 g fat, 67 mg chol., 21 g pro., 1 g carbo., 0 g dietary fiber, 101 mg sodium. U.S. RDA: 13% riboflavin, 49% niacin.*

MANDARIN CHICKEN WITH NOODLES

Cost per serving: $1.70

Stir-fry fresh chicken strips or take the canned chicken shortcut—

- **1 Tbsp. cooking oil**
- **1 lb. skinless, boneless chicken breast halves, cut into bite-size strips, *or* two 5-oz. cans chunk-style chicken, drained**
- **1 3-oz. pkg. oriental noodles with chicken flavor**
- **1 small zucchini *or* yellow summer squash, halved lengthwise and bias sliced**
- **2 stalks celery, thinly bias-sliced**
- **2 cloves garlic, minced**
- **¼ cup bottled sweet-and-sour sauce**
- **2 Tbsp. coarsely chopped peanuts**
- **1 11-oz. can mandarin orange sections, drained**

● **If using chicken strips,** pour oil into a wok or large skillet. (Add more oil as necessary during cooking.) Preheat over medium-high heat. Stir-fry chicken, *half* at a time, about 3 minutes or till no longer pink; remove. (Do not stir-fry canned chicken.)

● **Break up noodles** (set flavor packet aside). Add noodles, 1 cup *water,* zucchini, celery, and garlic to wok. Bring to boiling; reduce heat. Cover; simmer 3 to 5 minutes or till noodles and vegetables are tender. Stir in cooked or canned chicken, the packet contents,

continued on page 146



continued from page 145

sweet-and-sour sauce, and peanuts; heat through. Top each serving with oranges. Makes 4 servings.

Nutrition information per serving: *268 cal. (24% from fat), 7 g fat, 72 mg chol., 29 g pro., 22 g carbo., 3 g dietary fiber, 242 mg sodium. U.S. RDA: 10% iron, 31% vit. C, 17% thiamine, 14% riboflavin, 90% niacin.*

BLACK BEAN AND HAM PILAF

Cost per serving: $1.45

For a fresh look, serve on a bed of spinach and top with chopped avocado—

- **½ cup sliced green onions**
- **1 medium green pepper, cut into thin bite-size strips (1 cup)**
- **1 clove garlic, minced**
- **1 Tbsp. cooking oil**
- **2½ cups quick-cooking brown rice**
- **2½ cups chicken broth**
- **1 15-oz. can black *or* red kidney beans, rinsed and drained**
- **4 oz. fully cooked ham, cut into bite-size pieces (about 1 cup)**
- **¾ tsp. dried oregano, crushed**
- **2 medium tomatoes, chopped *or* 14 cherry tomatoes, halved *or* quartered (1½ cups)**

● **In a large saucepan cook** green onions, pepper strips, and garlic in hot oil for 1 minute. Add *uncooked* rice; cook and stir for 2 minutes more. Stir in broth, beans, ham, and oregano. Bring to boiling; reduce heat. Cook for time on rice package directions or till liquid is absorbed. Stir in tomato pieces. Makes 4 servings.

Nutrition information per serving: *632 cal. (15% from fat), 10 g fat, 16 mg chol., 25 g pro., 110 g carbo., 12 g dietary fiber, 870 mg sodium. U.S. RDA: 22% iron, 61% vit. C, 77% thiamine, 41% riboflavin, 90% niacin.*

SOUTHWESTERN STIR-FRY

Cost per serving: $1.61

Salsa replaces soy sauce in this east-meets-west spin-off. Stuff the tortillas with the stir-fry or serve alongside—

- **8 6- to 8-inch flour tortillas**
- **1 cup salsa**
- **2 tsp. cornstarch**
- **1 Tbsp. cooking oil**
- **1 medium green pepper, cut into strips (1 cup)**
- **1 12-oz. can whole kernel corn, drained**
- **3 green onions, bias-sliced into 1-inch pieces**
- **1 lb. lean ground beef**
- **10 cherry tomatoes, halved**
- **½ cup shredded cheddar *or* Monterey Jack cheese with jalapeño peppers (2 oz.)**
- **Fresh cilantro sprigs (optional)**

● **If desired, stack tortillas;** wrap in foil. Heat in a 350° oven 10 minutes or till warm. (*Or,* place tortillas, half at a time, between layers of paper towels. Micro-cook on 100% power [high] for 1½ to 2 minutes or till warm.)

● **For sauce,** stir together salsa and cornstarch; set aside.

● **Pour oil into a wok** or large skillet. (Add more oil as necessary during cooking.) Preheat over medium-high heat. Add pepper strips, corn, and green onions. Stir-fry for 2 minutes or till pepper is crisp-tender. Remove vegetables from wok.

● **Crumble beef** into hot wok or skillet. Stir-fry 2 to 3 minutes or till done, stirring only as necessary. Drain off fat. Push meat from center of the wok.

● **Stir sauce mixture;** add to center of the wok. Cook and stir till thickened and bubbly. Return vegetables to wok. Stir in tomato; reduce heat. Cover; cook for 1 minute.

● **Serve meat and vegetables** with tortillas. Top with cheese and cilantro, if desired. Makes 4 servings.

Nutrition information per serving: *541 cal. (35% from fat), 23 g fat, 81 mg chol., 36 g pro., 58 g carbo., 5 g dietary fiber, 925 mg sodium. U.S. RDA: 23% calcium, 25% iron, 18% vit. A, 51% vit. C, 42% thiamine, 39% riboflavin, 54% niacin.*

FOUR-BEAN ENCHILADAS

Cost per serving: $.93

These spunky enchiladas show how delicious a meatless meal can be—

- **16 6-inch corn tortillas**
- **1 15½-oz. can red kidney beans, rinsed and drained**
- **1 15-oz. can garbanzo beans, rinsed and drained**
- **1 15-oz. can pinto beans, rinsed and drained**
- **1 15-oz. can navy *or* great northern beans, rinsed and drained**
- **1 11-oz. can condensed cheese *or* nacho cheese soup**
- **1 10-oz. can enchilada sauce**
- **1 8-oz. can low-sodium *or* regular tomato sauce**
- **1½ cups shredded Monterey Jack *or* cheddar cheese (6 oz.)**
- **Sliced pitted ripe olives (optional)**
- **Green pepper strips (optional)**

● **Stack tortillas; wrap** tightly in foil. Heat in a 350° oven for 10 minutes or till warm. (*Or,* place tortillas, half at a time, between layers of microwave-safe paper towels. Micro-cook on 100% power [high] for 1½ to 2 minutes or till warm.)

● **For filling,** combine beans and condensed soup. Spoon about *⅓ cup* filling onto one end of *each* tortilla. Starting at the end with the filling, roll up each tortilla. Arrange tortillas, seam side down, in 8 individual au gratin dishes or two 12x7½x2-inch baking dishes. In a bowl stir together enchilada sauce and tomato sauce; pour over enchiladas.

To serve right away: Cover with foil. Bake in a 350° oven till hot, allowing 20 minutes for au gratin dishes or 30 minutes for baking dishes. Remove foil; sprinkle with cheese. Bake, uncovered, for 5 minutes more or till cheese is melted.

(*Or,* for 2 servings, cover 2 au gratin dishes with microwave-safe plastic wrap; vent by turning a corner back. Micro-cook on high for 4 to 6 minutes or till hot. Remove wrap; sprinkle with cheese. Cook, uncovered, for 30 seconds more or till cheese is melted.)

Top with olives and green pepper, if desired. Makes 8 servings.

To make ahead: Cover dishes with foil or microwave-safe plastic wrap. Seal, label, and freeze. To reheat, bake foil-wrapped dishes in a 375° oven till hot, allowing 60 minutes for au gratin dishes or 60 to 75 minutes for baking dishes. Remove foil; sprinkle with cheese. Bake, uncovered, for 5 minutes more or till cheese is melted.

(Or, micro-cook frozen au gratin dishes, covered with vented microwave-safe plastic wrap, at 70% power [medium-high] till hot, allowing 8 to 10 minutes for 1 dish or 17 to 20 minutes for 2 dishes. Remove plastic wrap; sprinkle with cheese. Cook, uncovered, on high for 30 seconds more or till cheese is melted.)

Top with olives and green pepper, if desired. Makes 8 servings.

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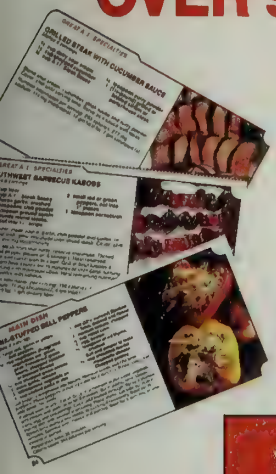
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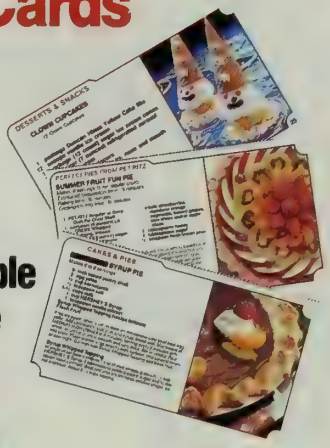
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HOMEMADE IN NO TIME

continued from page 146

Nutrition information per serving: *482 cal. (24% from fat), 14 g fat, 28 mg chol., 24 g pro., 71 g carbo., 18 g dietary fiber, 992 mg sodium. U.S. RDA: 46% calcium, 33% iron, 20% vit. A, 19% vit. C, 38% thiamine, 26% riboflavin, 15% niacin.*

RATATOUILLE-STYLE CHILI

Cost per serving: $.86
Spaghetti sauce gives this chunky vegetable chili a head start—

1½ lb. lean ground beef
2 medium onions, chopped
1 32-oz. jar spaghetti sauce with mushrooms (4 cups)
1 14½-oz. can tomatoes, cut up
2 15-oz. cans red kidney *and/or* garbanzo beans, rinsed and drained
4 cups peeled *and* cubed eggplant *and/or* cubed zucchini
1 4-oz. can diced green chili peppers, drained
2 to 3 Tbsp. chili powder
1 tsp. ground cumin
6 slices American cheese, cut into triangles (optional)
Chopped green onion (optional)

● **In a Dutch oven cook** beef and onion till beef is brown and onion is tender but not brown. Drain off fat.

● **Stir in spaghetti sauce,** *undrained* tomatoes, beans, 1 cup *water,* eggplant and/or zucchini, chili peppers, chili powder, and cumin. Bring to boiling; reduce heat. Cover; simmer 20 minutes or till eggplant and/or zucchini is tender. Season with salt and pepper.

To serve right away: Ladle into bowls. Top with cheese and onion, if desired. Makes 12 servings.

To make ahead: Ladle mixture into three 4-cup freezerproof containers. Seal, label, and freeze. To reheat, transfer *one* container of chili to a large saucepan. Add ½ cup *water.* Cover; cook over medium-low heat 45 minutes or till hot, stirring often.

(*Or,* transfer *one* container to a 1½-quart microwave-safe casserole. Add ¼ cup *water.* Cover and cook on 70% power [medium] for 28 to 33 minutes or till hot, stirring often.) Serve as above. Makes 3 (4-serving) containers or 12 servings.

Nutrition information per serving: *241 cal. (25% from fat), 7 g fat, 33 mg chol., 19 g pro., 28 g carbo., 7 g dietary fiber, 560 mg sodium. U.S. RDA: 22% iron, 29% vit. A, 34% vit. C, 23% thiamine, 17% riboflavin, 25% niacin.*

BRUNSWICK CHICKEN POTPIES

Cost per serving: $1.14
The secret to our light, flaky Parmesan crust? Instant mashed potato flakes—

1 10¾-oz. can condensed cream of mushroom, broccoli, onion, chicken, *or* celery soup
1 5-oz. can (⅔ cup) evaporated milk
¼ cup snipped fresh parsley *or* 1 Tbsp. dried parsley flakes
½ tsp. dried rosemary *or* thyme, crushed
3 cups cubed cooked chicken, turkey, *or* beef
1 10-oz. pkg. frozen mixed vegetables (with lima beans and corn)
¾ cup instant mashed potato flakes
¾ cup all-purpose flour
¼ cup grated Parmesan cheese
⅓ cup margarine *or* butter
Milk

● **For filling, combine** soup, milk, parsley, and rosemary or thyme. Stir in chicken, turkey, or beef. Stir in vegetables. Spoon into one 11x7x2-inch baking dish or six 10-ounce casseroles.

● **For crust, stir together** potato flakes, flour, and Parmesan cheese. Cut in margarine or butter till mixture resembles coarse crumbs. Sprinkle ¼ cup *cold water* over mixture, *1 tablespoon* at a time, gently tossing with a fork till all is moistened. Form dough into a ball.

● **Measure the interior dimensions** of the top of the baking dish or casseroles. On a lightly floured surface roll pastry large enough to fit the desired dish. Cut to fit, using a fluted pastry wheel, if desired. Place pastry atop dish, fitting just to the edges. If desired, reroll dough trimmings and cut out pastry shapes; moisten and place atop pastry. Brush with milk. If desired, lightly score top into diamonds, using a pastry wheel.

To serve right away: Place baking dish or casseroles on a baking sheet. Cut slits in top. Bake in a 400° oven for 25 to 30 minutes or till hot and pastry is golden. Makes 6 servings.

To make ahead: Cover, seal, label, and freeze. To bake, unwrap and cut slits in top. Bake in a 400° oven till hot and pastry is golden, allowing 40 to 45 minutes for dish and 35 to 40 minutes for potpies. During baking, if necessary, shield edges with foil to prevent overbrowning. Makes 6 servings.

Nutrition information per serving: *422 cal. (44% from fat), 21 g fat, 70 mg chol., 29 g pro., 30 g carbo., 3 g dietary fiber, 700 mg sodium. U.S. RDA: 21% calcium, 13% iron, 46% vit. A, 16% vit. C, 29% thiamine, 30% riboflavin, 81% niacin.*

FIX TWO DINNERS FROM ONE

OPENING NIGHT DINNER
Orange-Ginger Pork Roast
Chinese Boiled Rice
Pea Pod Salad with Sesame-Soy Vinaigrette
Hot Tea
Fresh Fruit

Timetable for Opening Night Dinner

6 or more hours before: Marinate pork.
45 minutes before: Start roasting pork. Toast sesame seed.
30 minutes before: Cook rice.
25 minutes before: Make vinaigrette and salad.
15 minutes before: Cut up fruit, if desired; brush with lemon juice.
5 minutes before: Brew tea.

ORANGE-GINGER PORK ROAST

Cost per serving: $1.50
Slice the roast before marinating so it can soak up even more flavor—

½ cup orange juice
⅓ cup soy sauce
2 Tbsp. orange marmalade
½ tsp. ground ginger
½ tsp. onion powder
¼ tsp. garlic powder
1 3-lb. boneless pork shoulder blade Boston roast
Plum sauce (optional)

● **For marinade, stir together** juice, soy sauce, marmalade, ginger, onion powder, and garlic powder; set aside.

● **Trim fat from pork.** Cut pork crosswise into 1-inch-thick slices. Place slices in a storage container; pour marinade over pork. Cover and marinate in the refrigerator for 6 hours or overnight, stirring occasionally.

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HOMEMADE IN NO TIME

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● **Drain meat, reserving marinade.** Place slices on the unheated rack of a broiler pan. Roast, uncovered, in a 350° oven about 40 minutes or till no longer pink, turning once and brushing often with reserved marinade.

● **Reserve *10 ounces* of meat** for fried rice; cover and chill. Serve remaining meat with warm plum sauce, if desired. Makes 4 to 6 servings.

Nutrition information per serving: *397 cal. (45% from fat), 20 g fat, 147 mg chol., 42 g pro., 13 g carbo., 0 g dietary fiber, 1,478 mg sodium. U.S. RDA: 16% iron, 26% vit. C, 93% thiamine, 50% riboflavin, 57% niacin.*

CHINESE BOILED RICE

Cost per serving: $.16

The rice is done when small pockets or holes appear on the surface. If the pockets contain water, cover and continue cooking till the water is absorbed—

2 cups long-grain rice
2 Tbsp. soy sauce
¼ tsp. salt

● **In a large saucepan** combine 4 cups *water,* rice, soy sauce, and salt. Bring to boiling; reduce heat. Cover with a tight-fitting lid; simmer 20 minutes or till water is absorbed. Let stand, covered, for 10 minutes. Fluff with fork.

● **Reserve *3 cups* for the fried rice;** cover and chill. Serve remaining rice. Makes 4 to 6 servings.

Nutrition information per serving: *171 cal. (2% from fat), 0 g fat, 0 mg chol., 4 g pro., 37 g carbo., 1 g dietary fiber, 326 mg sodium. U.S. RDA: 12% iron, 27% thiamine, 16% niacin.*

PEA POD SALAD WITH SESAME-SOY VINAIGRETTE

Cost per serving: $.46

Store the reserved salad and dressing in separate containers for tomorrow's fried rice. Otherwise, the vegetables could become soggy—

8 cups torn Chinese cabbage
1½ cups fresh pea pods *or* one 6-oz. pkg. frozen pea pods, thawed and bias-sliced into 1-inch pieces
1 cup fresh mushrooms, quartered, *or* straw mushrooms, halved
2 medium carrots, thinly bias-sliced (1 cup)
2 green onions, thinly sliced
⅓ cup vinegar
⅓ cup salad oil
4 tsp. soy sauce
2 tsp. sugar
¼ tsp. sesame oil
⅛ tsp. cracked black pepper
1 Tbsp. toasted sesame seed*

● **In a very large bowl combine** cabbage, pea pods, mushrooms, carrots, and green onions. Toss to mix. Reserve *4 cups* of the mixture for the fried rice; cover and chill.

● **For vinaigrette, in a screw-top jar** combine vinegar, salad oil, soy sauce, sugar, sesame oil, and pepper. Cover and shake to mix. Reserve *⅓ cup* for fried rice; cover and chill.

● **Pour remaining dressing** over remaining salad. Add sesame seed; toss gently to mix. Makes 4 to 6 servings.

To toast sesame seed: Spread sesame seed in a thin layer in a shallow baking pan. Bake, uncovered, in a 350° oven for 5 to 10 minutes or till light brown, stirring once or twice. (Do this while you're cooking pork.)

Nutrition information per serving: *171 cal. (66% from fat), 13 g fat, 0 mg chol., 3 g pro., 12 g carbo., 4 g dietary fiber, 287 mg sodium. U.S. RDA: 14% calcium, 96% vit. A, 84% vit. C, 13% thiamine, 13% riboflavin, 11% niacin.*

ENCORE SUPPER

Pork Fried Rice
Iced Tea
Ice Cream with Fruit Topping

Timetable for Encore Supper

30 minutes before: Cut up fruit and toss with orange juice.
20 minutes before: Prepare fried rice.
10 minutes before: Pour iced tea.
After main course: For fruit topping, sauté 3 cups cut-up fruit in a couple tablespoons of butter, brown sugar, and orange juice.

PORK FRIED RICE

Cost per serving: $1.00

This recipe was designed to use up Pea Pod Salad, Orange-Ginger Pork Roast, and Chinese Boiled Rice, but you can make it from scratch, too—

Nonstick spray coating
2 beaten eggs
1 Tbsp. cooking oil
4 cups Pea Pod Salad *or* assorted cut-up vegetables (such as pea pods, carrots, mushrooms, *and/or* Chinese cabbage)
10 oz. Orange-Ginger Pork Roast *or* fully cooked ham, diced
3 cups Chinese Boiled Rice *or* cooked rice, chilled
⅓ cup Sesame-Soy Vinaigrette

● **Spray a wok or large skillet** with nonstick coating. Preheat over medium heat. Add eggs; lift and tilt wok to form a thin "egg sheet." Cook, without stirring, about 2 minutes or just till set. Slide egg sheet onto a cutting board. Cut into ¼-inch-wide strips; cut strips into 2-inch lengths.

● **Return wok** to medium-high heat. Pour oil into hot wok. (Add more oil as necessary during cooking.)

● **Add salad; stir-fry for 2 minutes.** Add pork or ham, rice, and vinaigrette; stir-fry for 2 to 3 minutes or till hot. Stir in egg strips. Cover; cook for 1 minute. Makes 4 servings.

Nutrition information per serving: *477 cal. (41% from fat), 22 g fat, 173 mg chol., 27 g pro., 44 g carbo., 2 g dietary fiber, 537 mg sodium. U.S. RDA: 10% calcium, 24% iron, 54% vit. A, 42% vit. C, 75% thiamine, 41% riboflavin, 44% niacin.*

PASTRAMI SALAD DIJON

Cost per serving: $1.03

Buy pastrami or corned beef at the deli or use packaged luncheon meat—

6 cups torn fresh spinach
½ of a medium cucumber, halved lengthwise and sliced (1 cup)
2 cups shredded red *and/or* green cabbage
12 oz. thinly sliced turkey pastrami *or* corned beef
1 recipe Rye Croutons *or* ½ cup plain croutons
¼ cup reduced-calorie *or* regular mayonnaise *or* salad dressing
¼ cup plain yogurt *or* dairy sour cream
1 Tbsp. Dijon-style mustard
1 tsp. honey
Milk (optional)
Freshly cracked pepper

● **Divide spinach among 4 dinner** plates. Arrange cucumber, cabbage, meat, and croutons atop.

● **For dressing, stir together** mayonnaise or salad dressing, yogurt or sour

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Hawaiian Crescent Sandwiches

Heat oven to 375°F. Separate 1 (8-oz.) can Pillsbury Refrigerated Quick Crescent Dinner Rolls and press into 4 rectangles (7x4 in.). Place dough on ungreased cookie sheet. Firmly press perforations to seal. In bowl, mix 1 can Hormel Chunk Ham, drained and flaked, ⅓ cup crushed pineapple, drained, ½ cup shredded Monterey jack cheese and ¼ cup diced green pepper. Evenly divide mixture on ½ of each rectangle. Fold dough in half to cover filling; press edges to seal. Bake for 13 to 18 minutes or until golden. 4 servings.

THERE'S A NAME FOR FOOD THIS GOOD.™

Hormel

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HOMEMADE IN NO TIME

continued from page 148

cream, mustard, and honey. If necessary, stir in enough milk to make dressing of desired consistency (1 to 3 tablespoons). Spoon dressing over salads. Sprinkle with freshly cracked pepper. Makes 4 servings.

Rye Croutons: Brush both sides of 2 slices *dark rye bread* with 4 teaspoons softened *margarine* or *butter.* Cut bread slices into ½-inch cubes. In a shallow baking pan spread bread cubes. Bake in a 300° oven for 15 to 18 minutes or till dry, stirring once. Cool in the pan. (The croutons will crisp as they cool.)

Nutrition information per serving: *227 cal. (43% from fat), 12 g fat, 51 mg chol., 21 g pro., 15 g carbo., 4 g dietary fiber, 1,191 mg sodium. U.S. RDA: 18% calcium, 23% iron, 85% vit. A, 75% vit. C, 30% thiamine, 37% riboflavin, 36% niacin.*

CREAMY LEMON CHICKEN AND VEGETABLES

Cost per serving: $1.20

Soy sauce gives the microwave-cooked chicken a golden roasted look—

- **2 to 2½ lb. meaty chicken pieces (breasts, thighs, and drumsticks), skinned**
- **2 Tbsp. soy sauce**
- **1 16-oz. pkg. loose-pack frozen mixed vegetables (broccoli, carrot, cauliflower)**
- **3 Tbsp. snipped fresh parsley *or* 1 Tbsp. dried parsley flakes**
- **½ cup milk**
- **3 Tbsp. all-purpose flour**
- **⅛ tsp. ground nutmeg**
- **½ tsp. finely shredded lemon peel**
- **2 tsp. lemon juice**

● **Rinse chicken; pat dry.** In a 12x7½x2-inch microwave-safe baking dish arrange chicken with meaty portions to edge of dish. Brush with soy. Cover with waxed paper. Microcook on 100% power (high) for 10 minutes, rearranging and turning after 5 minutes. Brush with soy sauce.

● **Add frozen vegetables and** parsley to chicken. Cook, covered, on high for 8 to 10 minutes more or till chicken is no longer pink. With a slotted spoon, transfer chicken and vegetables to a platter; keep warm. Reserve *½ cup* of the cooking liquid.

● **For sauce, in a 2-cup** microwave-safe measure stir together milk, flour, and nutmeg. Stir in reserved cooking liquid. Cook, uncovered, on high for 2 to 4 minutes or till thickened and bubbly, stirring after every minute till thickened, then every 30 seconds. Stir in lemon peel and juice. Cook, uncovered, on high for 1 minute more, stirring after 30 seconds. To serve, pour sauce over chicken and vegetables. If desired, sprinkle with additional nutmeg; garnish with lemon slices. Makes 4 to 6 servings.

Nutrition information per serving: *259 cal. (24% from fat), 7 g fat, 91 mg chol., 34 g pro., 15 g carbo., 0 g dietary fiber, 657 mg sodium. U.S. RDA: 13% calcium, 14% iron, 150% vit. A, 95% vit. C, 21% thiamine, 29% riboflavin, 84% niacin.* BH&G

WIN MONEY

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How would you like to win cash or new products for your home? Send your original recipes to our Prize Tested Recipes Contest. Each month, we ask you to send us recipes that fit the two recipe categories listed on this page. Seven months later, we feature the four top recipes on the Prize Tested Recipes pages.

HINTS FOR THIS MONTH'S CATEGORIES

Turkey Dinners

Do you serve a great meal using ground turkey, smoked turkey, or turkey steaks? Maybe you grill, steam, or stir-fry—any turkey product qualifies.

Microwave Potato Dishes

An original idea for a side dish, main dish, or snack starring any form of potato, such as fresh, frozen, canned, or instant, could make you a winner.

WINNERS IN THIS ISSUE (pages 155 and 156)

$200 Winners

Carol Ennis, *Newport, N.C.*
Eleanor Froehlich, *Rochester, Mich.*

$100 Winners

Ann Markstrom, *Pinckney, Mich.*
Theresa Smith, *Tinley Park, Ill.*

Honor Roll Winners

Each received Rubbermaid Products
Ellen Burr, *Truro, Mass.;* Jamie DeCanio, *Albany, N.Y.;* Carol Forney, *Miami, Fla.;* Marie Rizzio, *Traverse City, Mich.;* Debbie Warhola, *Colorado Springs, Colo.;* and Carol Waters, *Exeter, N.H.*

CONTEST RULES

1. Contest is open to U.S. residents, except Meredith Corp. employees, its affiliates, subsidiaries, and families. **2.** With each entry, type or print your name, address, and recipe marked "April Turkey Dinners" or "April Microwave Potato Dishes." Specify brands and recipe origin. **3.** Address recipes to 9204 Food Department, Better Homes and Gardens, Des Moines, IA 50336. **4.** Postmark entries by September 31, 1991. **5.** Winners will be selected 60 days later, then notified by mail. **6.** Entries must be original, and will be judged on creativity, taste, and practicality by BH&G® editors. Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corp. We reserve the right to adjust winning recipes. **8.** Entry constitutes permission to use winner's name and hometown name for editorial and promotional purposes.



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PANTRY RECIPE WINNERS

From the Better Homes and Gardens®/Del Monte® Recipe Contest





Last fall, thousands of readers mailed their recipes to us for spur-of-the-moment-meals, using Del Monte stewed tomatoes and vegetables. After testing and tasting in our Test Kitchen, we voted these two recipes tops. Give the quick-fix winners a try at your house.

ZUCCHINI AND PASTA PROVENÇALE

This side dish goes well with simple meats like roast beef or broiled chicken. If you don't keep fennel seed on hand, you can substitute ½ teaspoon dried basil, crushed—

- **1 cup chopped onion**
- **½ carrot, thinly sliced *or* coarsely grated**
- **1 garlic clove, minced**
- **2 Tbsp. olive oil**
- **1 16-oz. can zucchini with Italian-style tomato sauce***
- **⅛ to ¼ tsp. crushed red pepper**
- **⅛ to ¼ tsp. fennel seed, crushed**
- **1 cup cooked large pasta shells, drained and kept warm**
- **½ cup shredded Monterey Jack cheese (2 oz.)**
- **2 Tbsp. snipped parsley**

In a large skillet cook onion, carrot, and garlic in hot oil 5 minutes or till tender. Add zucchini with sauce, red pepper flakes, and fennel seed; simmer, uncovered, over medium heat 3 minutes. Stir in pasta; heat through. Top each serving with cheese and parsley. Makes 4 side-dish servings.

*If desired, substitute one 14½-ounce can *Italian-style stewed tomatoes* plus one 8-ounce can cut *green beans,* drained.

Nutrition information per serving: *277 cal. (36% from fat), 11 g fat, 13 mg chol., 9 g pro., 36 g carbo., 1 g dietary fiber, 566 mg sodium. U.S. RDA: 19% calcium, 30% vit. A.*

TOMATO TABBOULEH SALAD

A unique blend of spices, mint, currants, and nuts zips up this whole-grain combination. Serve it at a potluck—

- **½ cup bulgur**
- **½ cup boiling water**
- **1 14-oz. can salt-free stewed tomatoes**
- **½ cup snipped parsley**
- **¼ cup snipped fresh mint (optional)**
- **¼ cup currants *or* raisins**
- **¼ cup olive oil**
- **¼ cup lemon juice**
- **1 clove garlic, minced**
- **1 tsp. curry powder**
- **¼ tsp. ground cumin**
- **¼ tsp. ground cinnamon**
- **¼ cup peanuts, chopped**

In a colander, rinse bulgur with cold water; drain well. In a bowl pour boiling water over bulgur; stir. Let stand 15 minutes; drain well. Drain tomatoes, reserving *¼ cup* juices. Cut up large tomato pieces. In a large bowl stir together drained tomatoes, parsley, mint, and currants. Toss bulgur with tomato mixture. For dressing, in blender container combine reserved tomato juice, oil, lemon juice, garlic, curry, cumin, and cinnamon. Cover; blend till smooth. Pour dressing over bulgur mixture; toss. Refrigerate 4 to 24 hours. (Liquid is absorbed during chilling.) To serve, spoon salad onto plates. Top with chopped peanuts. Makes 4 to 6 side-dish servings.

Nutrition information per serving: *293 cal. (53% from fat), 18 g fat, 0 mg chol., 6 g pro., 31 g carbo., 6 g dietary fiber, 64 mg sodium. U.S. RDA: 21% vit. A, 42% vit. C, 23% niacin.*

SANTA FE EXPRESS



You'll be rolling up for dinner right on time with Del Monte® Mexican Style Stewed Tomatoes. They're the quickest way to add a rich, zesty flavor to this Southwestern recipe.

RANCHERO ROLLUPS

1 onion, cut into wedges
2 Tbsp. oil
1 can (14½ oz.) Del Monte Mexican Style Stewed Tomatoes
½ tsp. oregano, crushed
1½ cups shredded cooked chicken
1 can (4 oz.) whole green chiles, cut into strips
4 flour tortillas
2 tsp. red wine vinegar

In large skillet, cook onion in 1 Tbsp. oil until tender-crisp. Drain tomatoes, reserving liquid. Add liquid and oregano to skillet; cook over high heat 3 min., stirring frequently. Stir in meat and chiles; remove from heat. Spoon chicken mixture onto each tortilla; roll up. Add remaining Tbsp. oil to skillet and lightly brown rollups. Chop tomatoes; stir in vinegar. Pour over rollups, cover and cook over low heat 3 min. 4 servings.

Prep time: 8 min.
Cook time: 12 min.

WE GROW GREAT TASTE Del Monte Quality



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Big Raves

With Easy Little Cheese Cakes.*







MINI-CHEESECAKES

(Makes 12)

12 vanilla wafers
2 8 oz. packages cream cheese, softened
½ c. sugar
1 tsp. vanilla
2 eggs

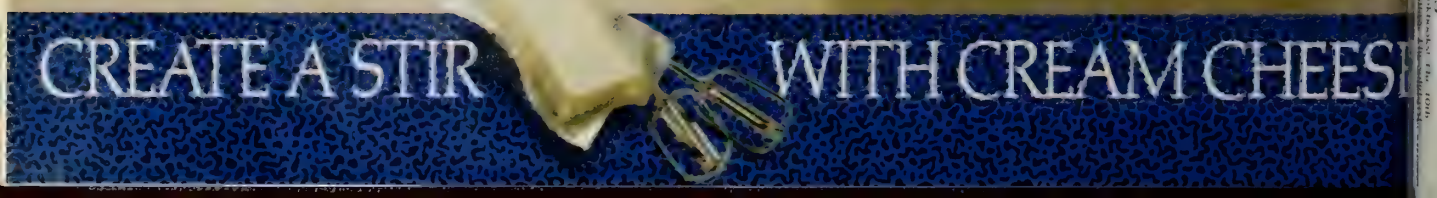
Line muffin tin with foil liners.

Place one vanilla wafer in each liner. ◊ Mix cream cheese,vanilla and sugar on medium speed until well-blended. ◊ Add eggs. Mix well. Pour over wafers, filling ¾ full. Bake 25 min. at 325°.

Remove from pan when cool. ◊ Chill. ◊ Top with fruit, preserves, nuts or chocolate. ◊ Be creative!

*Actual size is cupcake size.

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WIN MONEY FOR YOUR RECIPES
See Page 151 For Details



PRIZE TESTED RECIPES®

SPECIAL SEAFOOD DISHES

File under Fish and Shellfish
September, 1991

$200 WINNER *Eleanor Froehlich, Rochester, Mich.*

BAKED DEVILED ORANGE ROUGHY

Eleanor experimented at home to re-create an elegant fish dinner she enjoyed at a Canadian inn. Her efforts paid off deliciously—

- **1½ lb. fresh *or* frozen orange roughy fillets or other white fish fillets, ½ inch thick**
- **1 8-oz. pkg. cream cheese, softened**
- **2 Tbsp. mayonnaise *or* salad dressing**
- **2 Tbsp. milk**
- **1 Tbsp. dry onion soup mix**
- **1 Tbsp. lemon juice**
- **1 tsp. dried tarragon, crushed**
- **1 tsp. Dijon-style mustard**
- **1½ cups soft wheat bread crumbs**
- **1 cup snipped parsley**
- **½ cup grated Parmesan cheese**
- **1 tsp. paprika**

Thaw fish, if frozen. Cut fillets into 6 serving-size portions. Arrange fillets in a single layer in a greased shallow baking pan. In a small bowl combine cream cheese, mayonnaise or salad dressing, milk, onion soup mix, lemon juice, tarragon, and mustard. (Mixture may appear slightly lumpy.) Spread cream cheese mixture atop fillets. Bake in a 450° oven for 10 to 12 minutes or till fish almost flakes with a fork.

Meanwhile, combine bread crumbs, parsley, Parmesan cheese, and paprika; sprinkle atop fillets. Bake for 3 to 4 minutes more or till crumbs are golden and fish flakes easily with a fork. Transfer to dinner plates. Makes 6 servings.

Nutrition information per serving: *374 cal. (66% from fat), 28 g fat, 72 mg chol., 25 g pro., 8 g carbo., 1 g dietary fiber, 530 mg sodium. U.S. RDA: 154% calcium, 2% iron, 32% vit. A, 18% vit. C, 13% riboflavin.*

Clip along here and file punched pages in your *New Cook Book.*

PRIZE TESTED RECIPES®

RICE SIDE DISHES

File under Pasta, Rice, and Grains
September, 1991



$200 WINNER *Carol Ennis, Newport, N.C.*

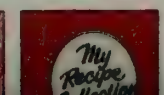
WILD RICE SALAD WITH BALSAMIC VINAIGRETTE

- **1 cup cooked wild rice (½ cup uncooked)**
- **1 cup cooked orzo pasta *or* tiny bow ties (½ cup uncooked)**
- **½ of a medium red *or* green sweet pepper, cut into ½-inch pieces**
- **½ cup sliced pitted ripe olives**
- **⅓ cup chopped sun-dried tomatoes, dry-packed***
- **2 Tbsp. drained capers**
- **⅓ cup olive oil *or* salad oil**
- **⅓ cup balsamic vinegar *or* cider vinegar**
- **2 Tbsp. snipped fresh basil *or* 1 tsp. dried basil, crushed**
- **1 Tbsp. finely chopped shallots *or* green onions**
- **2 cloves garlic, minced**
- **½ tsp. pepper**
- **¼ cup toasted pine nuts (optional)**

In a large mixing bowl combine cooled rice and orzo, peppers, olives, tomatoes, and capers; set aside. In a screw-top jar, combine oil, vinegar, basil, shallots, garlic, and pepper. Cover and shake well. Pour over rice mixture; toss to coat. Cover and chill for at least 4 hours. Stir in nuts before serving. Makes 8 side-dish servings.

*Note: To soften tomatoes, place in boiling water for 2 minutes; drain.

Nutrition information per serving: *168 cal. (51% from fat), 10 g fat, 0 mg chol., 3 g pro., 19 g carbo., 3 g dietary fiber, 120 mg sodium. U.S. RDA: 21% vit. C.*

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BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®

RICE SIDE DISHES

File under Pasta, Rice, and Grains
September, 1991



$100 WINNER *Ann Markstrom, Pinckney, Mich.*

SPICED RICE WITH ALMONDS

Ann seasons her fragrant rice dish with spices popular in Indian cooking—

3 Tbsp. slivered almonds
2 Tbsp. cooking oil
1 medium onion, thinly sliced
1 clove garlic, minced
1 cup long grain rice
¼ tsp. ground cardamom
⅛ tsp. ground ginger
Dash ground red pepper
Dash ground cinnamon
Dash ground cumin
Dash ground nutmeg
1¾ cups chicken broth

In a medium saucepan cook and stir almonds in hot oil till light brown; remove and drain on paper towels. Add onion and garlic to saucepan. Cook and stir till onion is tender but not brown. Stir in *uncooked* rice, cardamom, ginger, red pepper, cinnamon, cumin, and nutmeg. Cook and stir about 3 minutes to brown the rice. Add chicken broth. Bring to boiling; reduce heat. Cover and simmer for 15 minutes; do not lift cover. Remove from heat. Let stand, covered, for 10 minutes. Stir in almonds before serving. Makes 4 to 6 side-dish servings.

Nutrition information per serving: *293 cal. (34% from fat), 11 g fat, 0 mg chol., 7 g pro., 41 g carbo., 2 g dietary fiber, 343 mg sodium. U.S. RDA: 14% iron, 29% thiamine, 28% niacin.*

Buying information, page 178.

Clip along here and file punched pages in your New Cook Book.

BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®

SPECIAL SEAFOOD DISHES

File under Fish and Shellfish
September, 1991



$100 WINNER *Theresa Smith, Tinley Park, Ill.*

SCALLOPS AND SHRIMP WITH LINGUINE

Both elegant and simple to make, this flavorful recipe combines seafood with pasta—

1 lb. fresh *or* frozen sea scallops
½ lb. fresh *or* frozen medium shrimp in shells
2 cups fresh pea pods *or* 1 16-oz. pkg. frozen pea pods
½ cup sliced green onion
3 cloves garlic, minced
3 Tbsp. olive oil *or* cooking oil
3 Tbsp. margarine *or* butter
2 tsp. dried parsley flakes
1 tsp. dried basil, crushed
¼ tsp. crushed red pepper
¼ cup oil-pack sun-dried tomatoes, drained and cut into thin strips, *or* 1 small tomato, seeded and chopped
10 oz. linguine, cooked and drained
3 Tbsp. freshly grated Parmesan *or* Romano cheese (optional)

Thaw scallops and shrimp, if frozen. Cut scallops in half. Peel and devein shrimp. In a medium bowl combine scallops and shrimp; set aside.

Thaw pea pods, if frozen. Cut in half; set aside. In a skillet cook onion and garlic in hot oil and margarine over medium-high heat for 30 seconds. Add *half* of the scallop-and-shrimp mixture, parsley, basil, and red pepper. Cook and stir for 3 to 4 minutes or till scallops are opaque and shrimp turn pink. Remove scallop mixture with a slotted spoon; set aside. Repeat with remaining scallops and shrimp.

Return all of the scallop mixture to skillet. Add pea pods and tomatoes. Cook and stir for 2 minutes more. In a large bowl toss scallop mixture with linguine. To serve, transfer to a platter and sprinkle with cheese, if desired. Makes 6 main-dish servings.

Nutrition information per serving: *424 cal. (33% from fat), 16 g fat, 72 mg chol., 26 g pro., 46 g carbo., 4 g dietary fiber, 244 mg sodium. U.S. RDA: 23% iron*

MINUTE

INSTANT BROWN RICE



CHICKEN RICE WALDORF SALAD

- 1½ cups MINUTE® Instant Brown Rice
- 1 cup reduced calorie mayonnaise
- 1 large red apple, diced
- 1 tablespoon lemon juice
- 2 cups (12 oz.) diced cooked chicken
- 1 cup diced celery
- 1 cup seedless green grapes



- Prepare rice as directed on package.
- Mix in mayonnaise.
- Mix apple with lemon juice. Stir into rice mixture with remaining ingredients. Chill.

Makes 6 servings.

Nutrition Information per Serving: 340 calories, 20 g protein, 30 g carbohydrate, 15 g fat, 65 mg cholesterol, 300 mg sodium, 2 g dietary fiber

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RICE-IPES

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HOW DOES YOUR GARDEN GROW?

10 COUNTRY GIFTS TO CRAFT

BY JILANN SEVERSON



MR. AND MRS. GARTNER
Our gardening duo stands amid the melons, showing off their wares. Their felt tennies help them stomp out bugs and weeds. *To order doll kits, see page 174.*

You'll have bushels of fun making any of the 10 peachy-keen projects we've plucked from our crafty patch. They're just ripe for keeping or giving.

Instructions begin on page 165.

HOW DOES YOUR

GARDEN GROW?

RADISH BIRDHOUSE

The lead veggie from our pull-toy *below* can grow up to be a home for wrens and other small birds. The twine "roots" provide a handy supply of nesting materials. *To order project plan, see page 174.*

Instructions begin on page 165.





FRUITY BOWLS

Watermelon, cantaloupe, and grapefruit grace your table with bowls painted fruit-fresh colors. Wooden bowls are coated with lead-free paints and garnished with "seeds" or sponged-on details.

To order unpainted bowls, see page 174.

VEGGIE PULL-TOY

That rascally rabbit is at it again. As the radish, tomato, and carrot train chugs along behind its viney cord, a sneaky bunny follows with a bite of carrot in its mouth. Pieces are sanded to look aged.

To order plan, page 174.

HOW DOES YOUR

GARDEN GROW?



CORNY DOLL

This corncob moll is grinning—it escaped the cannery once again. A felt body and husks, satin-stitched kernels, and corn silk made from jute keep this happy-go-lucky guy safe from the dinner table.

To order kit, page 174.
Instructions begin on page 165.



HOW DOES YOUR GARDEN GROW? SAMPLER

A white picket fence surrounds rows of flowers, veggies, bunnies, and gardening tips, all cross-stitched on earthy linen.

To order sampler kit, see page 174.

VEGETABLE JEWELRY

Broccoli, eggplants, and carrots shaped from modeling clay string together for a prize-winning necklace. Form pins and earrings from pairs or singles of any of the veggies. Pre-colored clay makes it easy.

GARDEN-FRESH BIBS

Life is just a giggle when you have these funny fruit and veggie bibs. A wacky watermelon, cute carrot, and three smiling peas in a pod sprout from terrycloth bibs, making mealtime a real treat. The hand-appliquéd shapes have embroidered eyes, noses, smiles, and seeds.

HOW DOES YOUR

GARDEN GROW?

continued from page 163

DECOUPAGE SEED CHEST

This little box will really grow on you. Trim an unfinished chest from the Sears catalog with bright paint, then cover the flat surfaces with perky packages from flower, herb, or vegetable seeds. (Save the seeds for planting in next summer's garden.)



Buying information, page 178.



PAPIER MÂCHÉ PRODUCE

These veggies will spoil you. Made of papier mâché that's shaped over real produce and painted with funky designs, they'll stay fresh forever.

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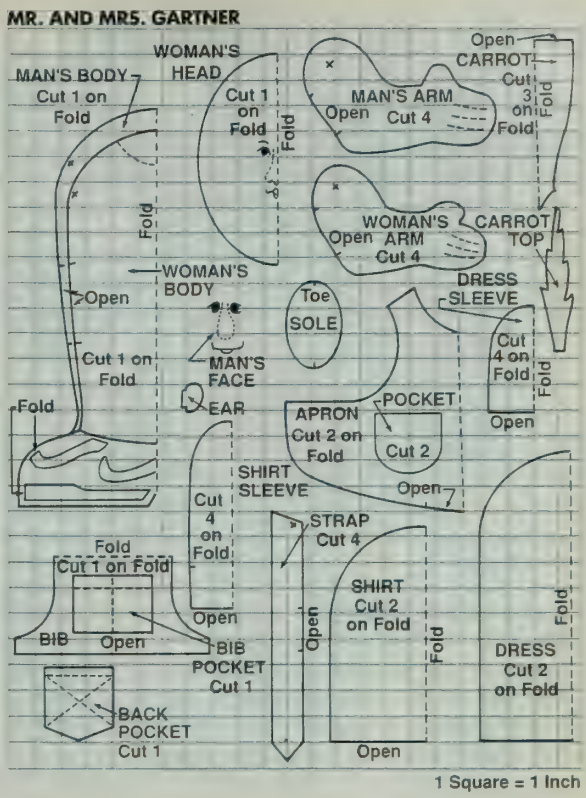
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continued on page 166

MR. AND MRS. GARTNER, page 159

To order doll kits, see page 174.

Materials: *For each doll:* ½ yd. muslin; 1 square each gray, black, and white felt; two ⅝-in.-diameter 2-hole buttons; 1½ yd. black yarn for shoelaces; polyester fiberfill; long doll needle; shirt-weight cardboard; white carpet thread; permanent thin-tipped black and red marking pens; powdered rouge; fabric glue.

For Mr. Gartner: ¼ yd. each lightweight denim and shirt fabric; orange thread for topstitching; 15 in. roving for hair; 2 buttons for overalls; ¼ yd. orange fabric and 2 squares different shades green felt for carrots.

For Mrs. Gartner: ¼ yd. each of dress and apron fabric; ⅞ yd. baby rickrack; 24 in. roving for hair; ½ yd. ¼-in.-wide ribbon for apron ties; 1½-in.-wide lace scrap for hankie.

Instructions: Finished size, approximately 18 in. Unless otherwise stated, sew with right sides together; pattern includes ¼-in. seam allowances.

Enlarge pattern (*above right*) to scale. From muslin, cut out bodies, arms, and woman's head. *Note:* Bodies include feet; shoes are stitched onto feet later. Cut 8-in. circle for man's head. Cut out clothing from appropriate fabrics.

Woman's head: Trace facial features to muslin, flopping along dotted line. Outline eyes and mouth with black pen. Fill in eyeball with black; fill in mouth with red. Using carpet thread, run gathering stitch around outside edge of head. Pull to gather head. Fill head firmly with fiberfill; pull thread tightly to make 2-in. opening at head back; secure.

On face front, pinch sides of nose together, including fiberfill. Insert needle with carpet thread from back of head to front, coming out at top edge of nose line. Taking tiny stitches, sculpt nose by stitching from one side to other,

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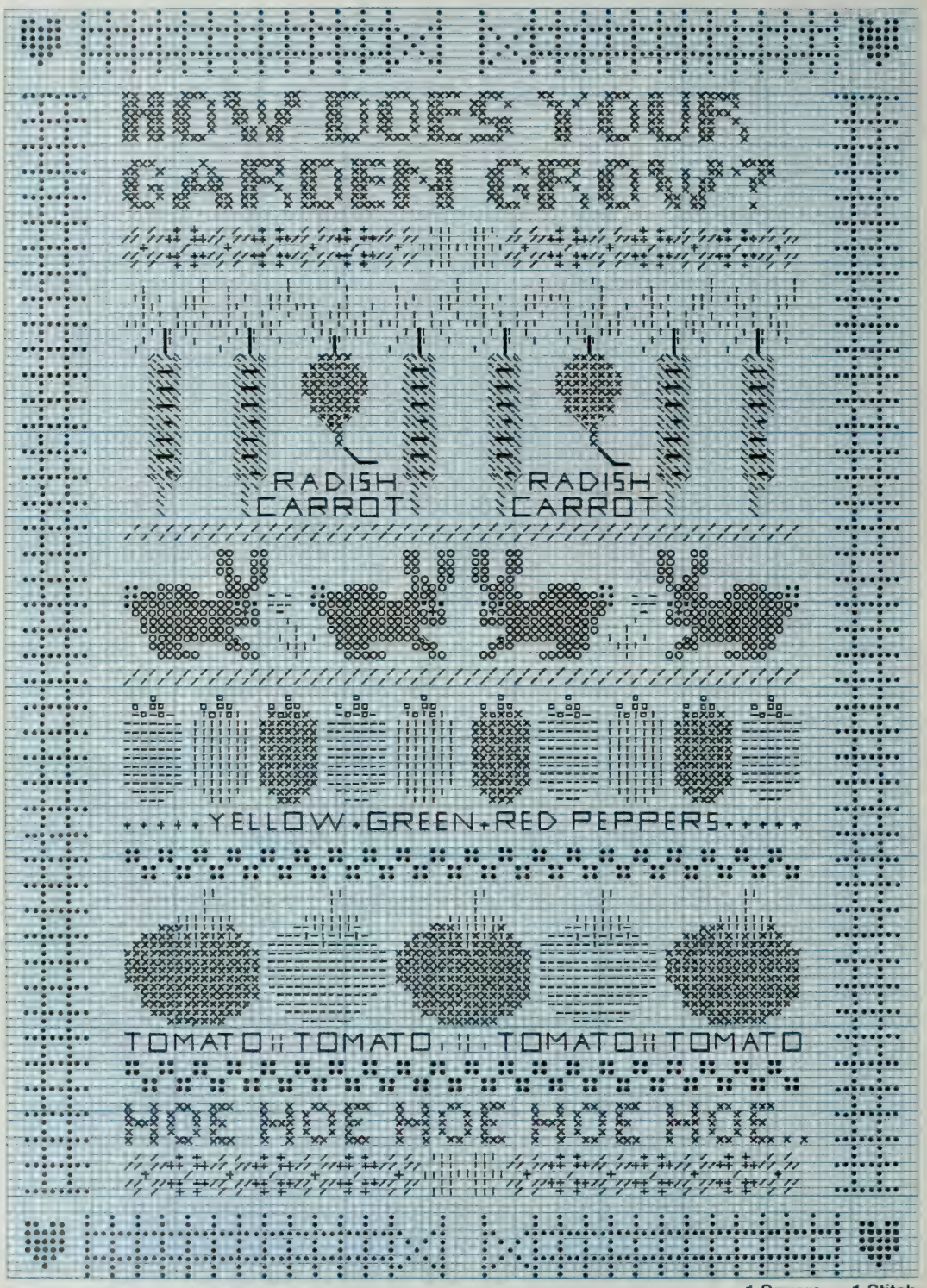
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Tough On Stains. Safe On Rugs.

HOW DOES YOUR GARDEN GROW?

continued from page 165

HOW DOES YOUR GARDEN GROW? SAMPLER



1 Square = 1 Stitch

- ⊡ White
- ⊚ Ultra Very Lt. Tan 739
- ⊟ Lt. Tangerine 742
- ⊞ Pale Geranium 957
- ⊠ Bt. Christmas Red 666
- ◪ Lt. Plum 3607
- ◫ Pumpkin 971
- ◧ Kelly Green 702
- ◉ Dk. Electric Blue 995
- ⊡ Dk. Fern Green 520
- ▣ Black 310

continued on page 168

HOW TO ELIMINATE TSKS.

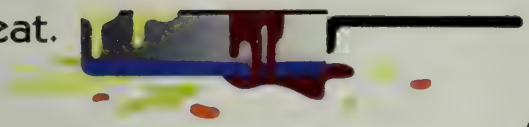
Don't work.





Don't play.

Don't eat.

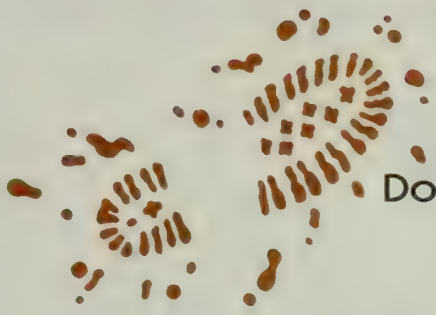




Don't drink.

Don't sit.





Don't stand.

Don't kiss.





Don't cry.

Don't live.





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feet. Sew down center between shoes, sewing through legs. Baste under bottom edges ¼ in. Cut 2 soles from cardboard and 2 from felt, cutting felt soles ¼-in. larger all around. Glue cardboard soles to felt soles; glue excess felt to back. When dry, pin sole to foot bottom, matching center front and back seams. Slip-stitch sole to shoe bottom.

Stuff body, stuffing shoes and legs firmly. Blindstitch one side opening closed. Continue to stuff body firmly; close other side opening with blindstitch.

Cut shoe details from contrasting felt; glue in place. Mark shoelace holes as desired. Cut yarn into equal lengths. Beginning at top of one shoe side, thread yarn through shoes in shoelace fashion. Tie ends into bow.

Arms: Sew arms together in pairs leaving opening as marked. Clip curves; turn. Mark finger divisions. Lightly stuff hand; machine-sew divisions. Stuff arms firmly; blindstitch opening closed. Set arms aside.

Dress: Sew front to back; turn. Narrowly hem lower edge. Slip over top of body. Sew sleeves in pairs; narrowly hem lower edge. Slip sleeves over arm.

Thread doll needle with long doubled length of carpet thread; knot ends. Push needle through sleeve and inside top of one arm at X. Slip button onto needle. Push needle back through button and arm. Attach arm by threading needle through body to X at opposite side. Sew through other arm at X; add button, pulling thread tightly to pull arms close to body. Push needle back through button, arm, and body, returning to first side. Repeat, pulling thread to keep arms close to body. Knot thread ends under second arm. *Note:* Buttons are visible on outside of each sleeve.

Apron: Sew 2 pieces together. Clip curves; turn. Blindstitch opening closed. Sew or glue rickrack around neckline

HOW DOES YOUR GARDEN GROW?

conintued from page 166

following dotted line on pattern. Secure thread snugly on back side after last stitch.

Cut muslin piece slightly larger than head back opening; glue over opening. Wrap roving around head in circular motion, tucking ends under at back. Tack roving in place. Add cheeks with powdered rouge and soft red pen lines.

Man's head: Make head, face, and nose as for woman's head except gather to 1-in. opening at back. On doubled thickness of muslin, draw around ear pattern. Sew on line, leaving straight edge open. Trim excess fabric; turn. Stuff ear lightly; turn in raw edge and slipstitch closed. Make 2 ears. Position ears at each side of head even with eyes; whipstitch to head. Gently pull roving at sides to make flat strip. With tissue paper under roving, machine-stitch hair part 6 in. in from one end; tear paper away. Glue roving around head, placing part to one side. Wrap ends around head back to cover. Glue short strips of roving next to ears for sideburns and thin strips over eyes for brows. Set heads aside.

Bodies: Sew body fronts to backs, leaving sides and bottoms of feet open. Clip curves; turn. Sew along dotted line between legs from bottom to dot.

Shoes: Note: Cut shoes in pairs from body pattern; flop along dotted line to complete pattern. Cut 4 pairs shoes from gray felt. Sew front toe edge seam leaving top and bottom open; turn. Sew double row of topstitching around top edge. Slip shoes over feet, aligning bottom raw edges of shoe to



PLUG IT IN.™



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and bottom ½ in. from edge. For pocket, cut 2 pockets ¼ in. larger than pattern on all sides. Sew pockets together, leaving small opening; turn. Topstitch across top. Sew or glue rick-rack next to top edge. Sew pocket in place. Tack shoulder of apron straps along shoulder seam of dress.

Cut ribbon in half; knot one end of each piece. Tack knotted end of ribbon to back corner of apron; tie.

Overlap chin portion of head on top of body, according to pattern. Using carpet thread, sew head to body.

Shirt: Sew in same manner as dress. When sewing sleeves together, stop at dot on one side. Fold back seam allowance at opening; topstitch. On opposite side of sleeve, finish seam 2 in. up from bottom edge. Roll bottom of sleeve up ½ in. twice; tack corners. Slip over arm; proceed as for woman.

Overalls: Note: Unless otherwise stated, all topstitching is done with orange thread. Cut 15½ × 9-in. denim rectangle; fold in half crosswise, right sides facing. Sew raw edges together, stopping 2 in. from top. Press seam open; topstitch around seam opening with blue. Turn under bottom raw edge; topstitch.

For back pocket, press under all edges ¼ in. Topstitch edges; add other stitched details. Sew pocket to pants back ½ in. from center back seam and 1 in. down from top edge.

Sew bib side seams. For bib pocket, add ¼ in. to all edges. Sew and topstitch as for back pocket. Sew bib pocket to bib front. Sew bib to pants having raw edges even and center fronts matching.

Sew straps together in pairs; trim. Turn and topstitch. Sew strap to back 1 in. from center back opening with X nearest center back. Turn raw edges under ¼ in. around waist; topstitch in place with orange thread.

Slip pants on; tack corners of center back opening closed.

Crisscross straps; attach to corners of bib front with buttons. Push center back seam and center front fold into leg depression. Hand-tack in place.

Attach head as for woman.

Carrots: Sew 3 carrots leaving opening as marked; trim, turn, and stuff. Turn in top edge ¼ in.; run gathering stitch around top. For each carrot, cut 2 different-colored tops from felt; tack together at base. Insert tops into carrot top. Pull gathering thread around tops; secure by taking a few stitches through tops. Gather carrot tops into man's palm; tack fingers over tops.

VEGGIE PULL-TOY, page 160
To order project plan, see page 174.

RADISH BIRDHOUSE, page 160
To order project plan, see page 174.

FRUITY BOWLS, page 161
To order unpainted wooden bowls, see page 174.
Materials: Purchased wooden bowls; Sherwin-Williams paint in following colors: No. SW 1649 Melon Ball, No. SW 1446 Dewy Grass, No. SW 1372 Amish Yellow, No. SW 1677 Lemon Wedge, No. SW 1675 Gentle Yellow, No. SW 1608 Wax Begonia, No. SW 1719 Apple Orchard, No. SW 1721 Seaside Garden, No. SW 1593 Fifties Pink, black, and white; primer; Deft; ⅛-in.-wide self-adhesive correction tape (available at office supply stores); natural sponge.
Instructions: Sand bowls. Prime except for rim.

For cantaloupe, paint inside Melon Ball; paint outside Dewy Grass. Sponge Amish Yellow over outside.

continued on 170

PLUG INTO FRESHNESS™



Now there's a new way to plug into freshness. New Glade Plug-Ins Potpourri.

SC Johnson wax

HOW DOES YOUR GARDEN GROW?

continued from page 169

For grapefruit, use correction tape to divide inside into sections; paint Wax Begonia. Paint outside Lemon Yellow; sponge Gentle Yellow over outside. Using Gentle Yellow, paint seeds at center of bowl inside.

For watermelon, paint inner bowl Fifties Pink. Paint outside Apple Orchard; sponge Seaside Green in rows to resemble watermelon rind. On inside, paint black and white seeds.

CORNY DOLL, page 162

To order doll kit, see page 174.

Materials: 1 yd. green felt; ¼ yd. yellow felt; 2 black ¾-in. buttons; 3 skeins each of 3 different shades of yellow and 1 skein black embroidery floss; 1 ball natural jute twine; ½ yd. 1-in.-wide red ribbon; polyester fiberfill; buttonhole twist or quilting thread; pinking shears.

Instructions: Finished size, approximately 16 in. Unless otherwise stated, sew with right sides together; pattern includes ¼-in. seam allowances.

Enlarge pattern (*below*) to scale. Transfer 1 inner corn body to yellow and 2 to green. Trace 14 corn husks to green. Do not cut out.

Body: Using 6 strands yellow floss, embroider kernels on yellow body using ½-in.-long satin stitches to form a basketweave pattern. Basketweave pattern is formed by satin-stitching ½-in. squares in alternating directions. Heavy lines on pattern indicate edges of embroidery around face. Begin stitching around face and work out. Leave very top and bottom 6 in. free of embroidery.

Using 6 strands of black floss, stem-stitch mouth. Sew button eyes in place. Cut out yellow and green body pieces.

Sew body pieces together along sides, centering yellow piece between green pieces. Turn; stuff with polyester fiberfill. Run gathering stitch along bottom; draw up and secure. Stuff firmly from top. Run gathering stitch around top.

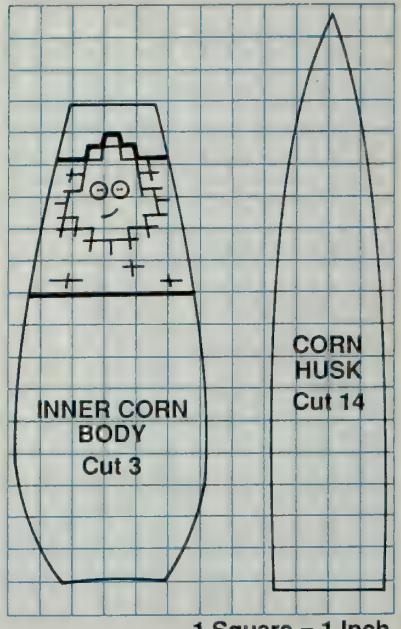
Corn silk: Cut jute into 16-in. lengths. Assemble a bundle approximately ½ to ¾ in. in diameter. Bind bottom tightly with buttonhole twist or quilting thread. Insert into top; tighten gathering stitch and secure.

Husks: Divide husks into pairs; topstitch ¼ in. and ½ in. from outer edges. Pink edges.

Assembly: Pin husks to corn body individually, varying heights and overlapping as you go. Baste and tack husks to body along outer edges. Gather husks into stem by wrapping with thread; tie off. Trim stem by wrapping with thread; tie red ribbon around stem.

Unravel jute to resemble corn silk.

CORNY DOLL





HOW DOES YOUR GARDEN GROW? SAMPLER, page 162

To order sampler kit, see page 174.

Materials: DMC floss in following colors: white, No. 310 Black, No. 520 Dark Fern Green, No. 666 Bright Christmas Red, No. 702 Kelly Green, No. 739 Ultra Very Light Tan, No. 742 Light Tangerine, No. 957 Pale Geranium, No. 971 Pumpkin, No. 995 Dark Electric Blue, No. 3607 Light Plum; 20×24-in. piece 26-count Hickory-colored Heatherfield evenweave from Wichelt Imports or similar evenweave or linen fabric.

Instructions: Finished design size, approximately 8¼×12¾ in.

Finish edges to guard against fraying by running a zigzag stitch around the outer edge or applying commercial fray-checking liquid. Find center of chart on *page 166* and center of fabric; begin stitching here. Cross-stitch entire design using 2 strands floss over 2 threads. Do all backstitching with 1 strand floss.

Backstitch lettering and wording as follows: radish and tomato in No. 666, carrot in No. 971, yellow in No. 742, green in No. 702, red in No. 666, peppers in No. 742. Backstitch carrots, carrot stems, and radish stems in No. 702.

If the stitchery needs cleaning, dissolve mild detergent in cold water. Gently squeeze suds through the fabric. Rinse in cold water. Do not wring dry. Roll up towel and gently pat dry. Place stitchery facedown onto white or light-colored smooth tea towel or fabric. Roll up; let dry. While piece is still damp, unroll and iron on wrong side until dry.

To mount stitchery, cut ⅛- to ¼-in.-thick mounting board to desired size. For most samplers, mounting board is ½–1½ in. larger all around than outer border of finished stitchery. Lightly pad board front with quilt batting if desired. Batting may be held in place with double-stick tape or craft glue. Allow glue to dry completely before next step.

Wrap stitchery around board, centering. Insert pins into edges of board, starting at center point of each side and working toward corners. Check that lengthwise and crosswise grains are parallel to edges of board and piece is perfectly centered.

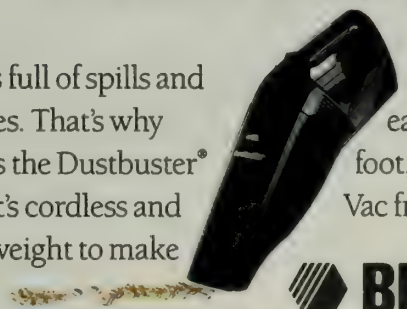
With stitchery facedown on clean surface, fold excess fabric to wrong side and trim, leaving approximately 1½ in. Miter corners; trim excess from corners. Glue fabric to back of board using fabric glue or fabric glue stick.

Secure stitchery into frame. If glass is used in frame, hold glass away from fabric with spacers or multiple layers of mat boards. Moisture inside sealed frame may condense against glass, causing fabric to rot.



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VEGETABLE JEWELRY, page 163

To order a full-size pattern and instructions, send a legal-size self-addressed stamped envelope to Better Homes and Gardens Craft Department, MS LS 461, Dept. 991, 1716 Locust St., Des Moines, IA 50336.

GARDEN-FRESH BIBS, page 163

Materials: *For each bib:* 12×31-in. piece terry cloth in blue (for Crazy Carrot bib), red (for Perky Peas bib), or yellow (for Wacky Watermelon bib) or desired colors; 2 yd. double-fold bias tape to contrast terry cloth; 8×10-in. piece batting; ¾-in. circular hook-and-loop fastener; matching threads.

For Perky Peas bib: 7×10-in. green cotton for peas; 8×10-in. green for pod; red and blue embroidery floss.

For Crazy Carrot bib: 9×10-in. orange cotton; 5×9-in. green cotton; red and navy embroidery floss.

For Wacky Watermelon bib: 9×11-in. piece red cotton; 6×9-in. piece each green and white cotton; navy, green, and brown embroidery floss.

Instructions: Finished size, approximately 16×12 in. Enlarge bib pattern

continued on page 172

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HOW DOES YOUR GARDEN GROW?

continued from page 171

(*top right*) to full size.

Perky Peas bib: Cut 2 bibs from red terry cloth. Zigzag-stitch around outside of top piece to prevent fraying.

Lightly trace peas onto wrong side of green, separating them slightly. Sew 2 pieces of green together along line. Place this piece over batting; sew together with batting side down just outside first seam. Trim away excess fabric to ¼ in. Cut 1-in. slit in top layer of fabric near center, taking care not to cut under layer. Turn through this opening.

Lightly trace pod onto wrong side of green. Sew as for peas.

Using double strand of floss, satin-stitch eyes in blue and backstitch mouth in red.

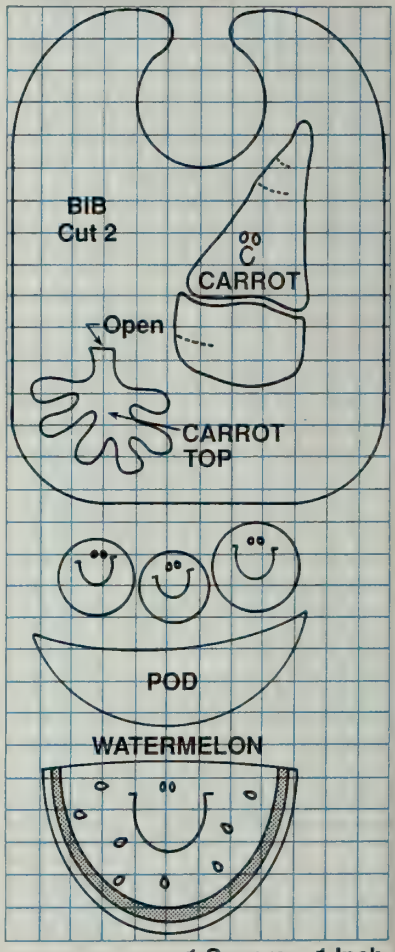
Slip-stitch peas, then pod, to bib. Zigzag bib front to back around outer edges, wrong sides facing. Bind edge with bias tape. Sew fastener circles to neck opening edges.

Crazy Carrot Bib: Sew bib and carrot in same manner as above, except topstitch along dotted lines on carrot before sewing carrot to bib. Omit batting for carrot top; turn through opening. Slip top under carrot before stitching carrot in place. See photograph on *page 163* for placement.

Wacky Watermelon Bib: Prepare terry cloth as for Peas in a Pod. Cut out main red piece, white piece (shaded on pattern), and outer green piece, adding ¼ in. to all edges. Sew white to red, then green to white. Place watermelon slice, right side down onto remaining red fabric; sew together all around. Place onto batting and sew as for peas bib.

Using double strand of floss and backstitch, outline eyes navy and seeds brown. Satin-stitch inside outline. Using green floss, backstitch mouth. Slip-stitch watermelon in place. Finish as for peas bib.

GARDEN-FRESH BIBS



1 Square = 1 Inch

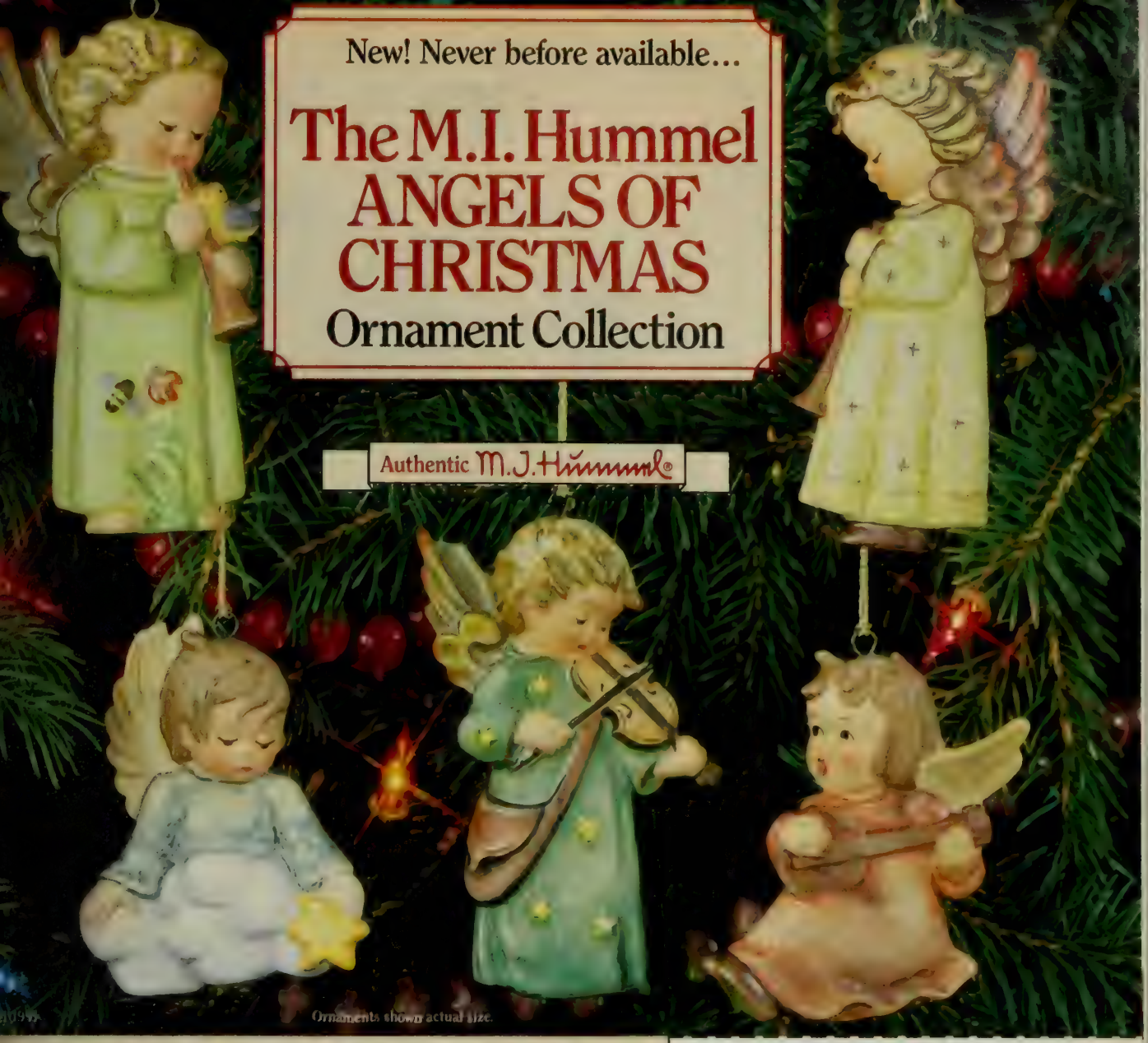
DECOUPAGE SEED CHEST, page 164

Material: Unfinished cedar chest; flower, herb, or vegetable seed packets with backs and flaps removed; Sherwin-Williams semigloss paint in following colors or as desired: Isle of Capri (blue), Pink Hibiscus, and Radiance (gold); flat white latex primer; ready-mixed vinyl

continued on page 174

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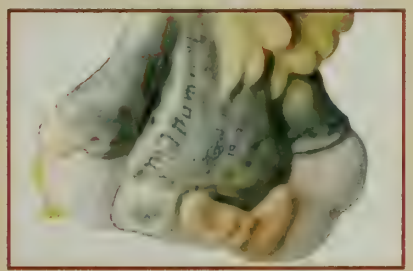
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HOW DOES YOUR GARDEN GROW?

continued from page 172

adhesive; Deft; clear wood finish.

Instructions: Remove feet if possible. Prime all pieces. Paint lid underside, chest edges, and lid edge with blue. Paint feet gold and lower trim pink.

Trim packet fronts as desired. Mark center of lid, front, and sides. Using vinyl adhesive, decoupage packets to chest starting at center marks and working out. Slightly overlap packets to cover painted surface.

Let dry 3–4 days. Apply Deft finish; attach feet and any other trim.

PAPIER MÂCHÉ PRODUCE, page 164

Materials: Vegetables such as carrots, squash, zucchini, cucumbers, tomatoes, garlic, peppers, and eggplant; heavy white paper towels; waxed paper; nonstick cooking spray; liquid starch; coarse sand paper; tempera paint; black permanent marker; white glue; clear gloss finish; crafts knife.

Instructions: Spray vegetable surface with cooking spray. Tear towels into medium- to small-size pieces. Pour starch into shallow container. Dip pieces of towel into starch; lay flat onto vegetable, overlapping pieces. Cover vegetable with 2 layers of towel, avoiding excessive amount of starch. Let dry on waxed paper. Repeat process until there are 4–5 layers of towels, drying completely between each layer.

Use brush to coat 3 towels with starch, stacking together to make 1 flat sheet. Let dry. This will be used for stems and leaf caps.

When thoroughly dry, cut vegetables in half with crafts knife through papier mâché only. Pull 2 halves off vegetable; then glue back together. If necessary, stuff insides of forms with paper towels to retain shape. Apply more papier mâché strips over cut edges. Allow to dry.

Carefully sand off rough edges. Paint each vegetable its natural color; let dry.

Decorate each vegetable with circles, dots, dashes, lines, squiggles, and so forth. Outline shapes with black pen.

Use flat laminated sheet of towels to cut out leaf caps. Paint appropriate color; glue to top of vegetable.

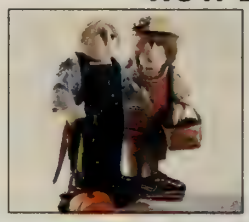
For carrot tops, paint a 1½-in. square of flat laminated towel sheet green. Fringe top half; roll piece into tube gluing edge down. Poke hole into carrot top. Insert carrot top; glue.

When dry, paint with several coats of gloss finish.

SHOPPING

HOW TO ORDER

HOW DOES YOUR GARDEN GROW?







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continued on page G4

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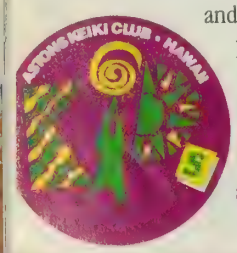
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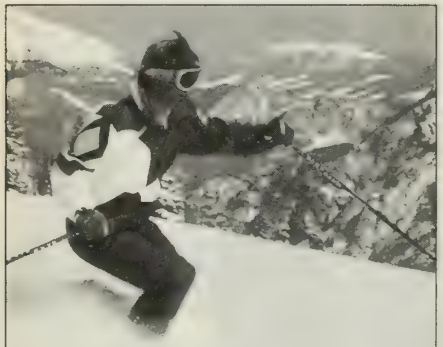
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continued from page G2

HAPPENINGS NEAR YOU

Ode to a potato. Shelley, Idaho, snuggled deep into the Snake River Basin of eastern Idaho, comes alive for Spud Week, September 18–21. To celebrate the state's famous vegetable, Miss Russet reigns, and cowboy poets try to spin the most elaborate Legends of the Great Tuber. Cooks from the state's leading resorts create favorite potato recipes. Other competitions include potato games like the sack race, hot potato toss, and the Spud Picking Championship. Everybody gets a free baked potato and a gander at exhibits of such unusual creations as potato hand cream and potato ice cream. ***President, Chamber of Commerce, Dept. BHG, P.O. Box 301, Shelley, ID 83274; 208/357-7662.***

On your mark, get set... Ely, Nevada, hosts the Silver State Classic Challenge Auto Race, September 7–8. The actual open-road race, which runs a 92-mile course on state highway 318 between Ely and Las Vegas, takes place the 15th. Before then, visitors can inspect the cars that will compete. On September 14, you might see such beauties as a 1955 Mercedes gullwing, state-of-the-art Corvettes and Porsches (from the '50s to brand new), up-to-date Ferraris, and even a modified Ford pickup that might cruise along at 135 miles an hour. ***Dept. BHG, P.O. Box 239, Ely, NV 89301; 702/289-8877.***

A little bit of Norway. You don't need to be Scandinavian to get in the swing at Nordicfest, September 20–22 in Libby, Montana. Just sidle up to a food booth, down a few Swedish meatballs, then watch dancers performing in authentic folk costumes. It won't take long before you'll feel Scandinavian yourself. Don't miss the International Fjord Horse Show, a highlight this year. Bred in Norway to pull wagons and buggies through steep mountain areas along the coast, 100 of these beauties, with pale coats and black manes and tails, will perform before three Norwegian judges. ***Dept. BHG, Box 791, Libby, MT 59923; 406/293-3832.***

Mountain beauty. Vail, Colorado, takes a top slot in the ski vacation sweepstakes, but for a more low-keyed getaway, try the resort town in the fall. Warm days and sunny skies pave the way for such outdoor activities as mountain biking, tennis, golf, hiking, jeep tours, rafting, outdoor entertainment, and gallery hopping. A bonus: Room rates run up to 50 percent below the ski-season prices. ***Vail Resort Association, 100 E. Meadow Dr., Dept. BHG, Vail, CO 81657; 800/525-3875.***

Park bargain. Montana's Glacier National Park draws nearly 600,000 visitors in late August, but by September the numbers drop to less than half—a bargain time to savor the scenic wonders. Fall color makes biking or driving the Going-to-the-Sun Road a special event. In mid- to late September, the elk show themselves in full force—often filling the morning air with mating calls. Fall visitors need not skimp on services; the Logan Pass Visitor Center and some lodgings stay open. For park information: ***406/888-5441.*** To order a Montana travel kit: ***800/541-1447 outside the state, 406/444-2654 inside.***



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Fall foliage and mountain views create spectacular biking near Vail.

Wyoming guide. For a free vacation guide, listing accommodations and attractions, a state road map, and a colorful booklet: Call ***800/225-5996, or write I-25 at College Dr., Dept. BHG, Cheyenne, WY 82002.***

—By Kathryn Stechert Black

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S&W Quick Louisiana Jambalaya

- 3 cups cooked S&W Long Grain White Rice
- 1 can (15¼ oz) S&W Dark Red Kidney Beans, drained
- 1 can (15½ oz) S&W Chili Beans
- 1 can (14½ oz) S&W Premium Ready-Cut® Peeled Tomatoes
- 1 can (16 oz) S&W Fancy Early June Petit Pois Peas, drained
- 2 cups coarsely diced cooked ham
- 1 can (3 oz) sliced mushrooms, drained
- Tabasco® brand or other hot pepper sauce
- Parsley sprigs

Place hot rice in 3 to 3½ quart casserole dish. Add beans, tomatoes, peas, diced ham and sliced mushrooms. Stir, cover and microwave on high for 8 to 10 minutes. Season to taste with Tabasco® or hot pepper sauce. Garnish with parsley. Serves 6-8.

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Shingles do more than just shed rain—they can improve the look of your home dramatically.

If you can see much of the roof on your house from the street, then your choice of shingles is as much a "style statement" as your choice of doors, windows, siding, and paint.

Low costs and quick installation are the hallmarks of standard asphalt shingles. But flat shingles don't do anything to dress up the house.

Dimensional shingles, however, create distinct shadow lines and rustic textures that can give a home a more appealing appearance. The thicker shingles give your home the look of more expensive wood shakes or shingles, but at a lower cost. In locations where wood roofing is a fire hazard, dimensional asphalt shingles offer better fire resistance.

Most of the dimensional shingles come in colors such as rusts, grays, woodsy greens, and slate blues which further enhance the natural look.

The key difference between dimensional shingles and regular shingles is the weight. The thicker the shingle, the more weight it has, and the more expensive it becomes. But the thicker shingles last longer, making them a better value over time than thinner products.

Heavier shingles are also excellent for reroofing needs. The weight of heavier shingles holds down the previous layer and prevents the old shingles underneath from cupping.

Some manufacturers use different designs to further enhance dimensions and shadow lines in their shingles: narrow strips laminated on top of a full-size shingle to raise the height of the next course of shingles, or a two-piece system that raises the tabs on each shingle with a narrow strip wedged underneath each shingle.

Costs for dimensional shingles vary with the weight of the shingle. The lighter-weight shingles can cost just a fraction more than regular shingles. The heaviest shingles can cost almost double. Even at twice the cost, however, the dimensional shingles are still generally less expensive than wood, and considerably cheaper than tile or slate roofing.

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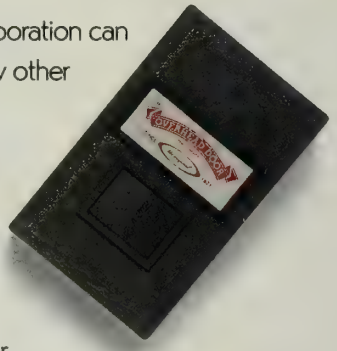
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SAVORY PEPPER SPREAD

- **4 red *or* green sweet peppers**
- **¼ cup pitted ripe olives**
- **2 Tbsp. balsamic vinegar *or* cider vinegar**
- **1 tsp. sugar**
- **1 Tbsp. margarine *or* butter**
- **1 tsp. snipped fresh parsley**

To roast peppers, quarter then remove stems, seeds, and membranes. Place, cut side down, on baking sheet. Bake in a 425° oven for 20 to 25 minutes or till skins are blistered and dark. Remove from baking sheet; place in a paper bag. Close bag and let stand about 30 minutes to steam so the skin peels away more easily. With a knife remove skin from peppers, pulling skin off in strips. Discard skin.

In a food processor bowl or blender container add roasted peppers, olives, vinegar, sugar, and ¼ teaspoon *salt.* Process or blend till smooth. Pour into a medium saucepan. Add margarine. Bring to boiling. Cook and stir over medium-low heat 10 minutes or till excess liquid is evaporated. Remove from heat. Stir in parsley; cool. Turn into a covered storage container. Cover; chill up to 3 weeks. Makes 1 cup.

Nutrition information per tablespoon: *13 cal. (62% from fat), 1 g fat, 0 mg chol., 1 g carbo., 59 mg sodium.* FF FC



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- **Teriyaki sauce**
- **Steak sauce**
- **Prepared horseradish**
- **Prepared mustard**
- **Dijon-style mustard**
- **Worcestershire sauce**
- **Vinegar**
- **Lemon juice**
- **Low-fat plain yogurt** FF FC

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TONIGHT

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BUYING GUIDE

continued from page 92

Pages 114–115: Cabinets—Cabinets by George, Inc., 4711 Montgomery St., Savannah, GA 31402. **Dishwasher, refrigerator, cooktop**—KitchenAid, Inc., 701 Main St., St. Joseph, MI 49085-1392; 800/422-1230. **Countertops,** "Frosty White"—Wilsonart, 600 General Bruce Dr., Temple, TX 76504. **Floor**—Thomson Oak Floor Co., 946 Mesena Rd., NW, Thompson, GA 30824. **Wallcoverings,** "Grand Cargo" in Tee Tracks—Charles Barone, Inc., 9505 W. Jefferson Blvd., Culver City, CA 90203. **Sinks, Faucets**—Moen, Div. of Stanadyne, 377 Woodland Ave., Elyria, OH 44035. **Spice rack**—J.K. Adams Co., Dorset Co., Dorset, VT 05251. **Pitcher**—Longaberger, Inc., Zainsville, OH 43701. **Picture,** "Afternoon in Old Savannah"—Lewis Coffin, 51 Bluff Dr., Savannah, GA 31406. **Area rug**—Pars Collection of Oriental Rugs (address above). **Wicker furniture, fabric,** "Victorian Classic Collection"—Henry Link, Lexington Furniture, Ind. (address above). **Ceiling fan**—Casablanca, P.O. Box 90070, Pasadena, CA 91109; 800/450-5105. **Rugs, glasses, pitcher, vase**—Pier 1 Imports, P.O. Box 961020, Fort Worth, TX 76161-0020. **Baskets**—Longaberger, Inc. (address above); furnished by Regina Crofts, Consultant, Highland Contracting, Inc. (address above).

Page 116 (*top*): Glass-front bookcase—The Vulpiani Workshop (address above). **Area rug,** "Turkomer"—Capel, Inc. (address above). **Tricycle basket**—Monograms Today, 208 Parkersburg Rd., Savannah, GA 31406. **Window seat fabric,** "Cassandre" in Maize by Fabriyaz—Tailor Made Draperies, Inc., by Carlton Parker (address above). **(*Bottom*): Ceiling fan**—Casablanca (address above). **Canopy bed, gold chair**—Henredon Furniture, Inc., P.O. Box 70, Morganton, NC 27260. **Bedspread,** "Couquet" in Maize by Fabriyaz—Tailor Made Draperies, Inc., by Carlton Parker (address above). **Glass-top table**—Drexel Heritage Furnishings (address above). **Verdigris candlesticks**—Savannah Brass (address above). **Picture,** "Suppertime"—Ray Ellis (address above). **Wooden rocking chair**—W. Michael McCracken, Turn of the Century Decorative Arts, 747 Myrtle St., Atlanta, GA 30308. **Carpet,** "Viewpoint" in Cedar Crush—Philadelphia Carpets, 616 E. Walnut Ave., Atlanta, GA 30308.

Page 120: Roof shingles, "Tile Red"—Tamko Asphalt Products, P.O. Box 1404, Joplin, MO 64802.

MASTER SUITE MAGIC

Pages 124–125: Plumbing installation—George Morian Plumbing, 5529 SE. Foster Rd., Portland, OR 97206. **Lighting installation**—Peter J. Hall Assoc., 653 SW. Evergreen Rd., Lake Oswego, OR 97034. **Stereo**—Mitsubishi Electronics America, Inc., P.O. Box 6007, Cypress, CA 90630-0007. **Stereo installation**—Chelsea Audio, 935 SW. Washington, Portland, OR 97204. **Wall sconces**—Halo Lighting, Div. of Cooper Ind., 400 Busse Rd., Elk Grove Village, IL 60007. **Cabinets**—Alno Kitchen Cabinets, Inc., 196 Quigley Blvd., New Castle, DE 19720; 800/233-5218. **InSol-8 windows, French door**—Hurd Millwork Co., 575 S. Whelen Ave., Medford, WI 54451. **Chair**—Selig Furniture Mfg., P.O. Box 469, Siler City, NC 27344. **Travertine nesting tables**—Gevurtz Contemporary Furniture, 6600 SW. Bonita Rd., Tigard, OR 97224. **Floor lamp**—Fine Art Lamps, P.O. Box 4763, Hialeah, FL 33014. **Pleated shades,** "Crystal Pleat"—Graber Ind., Graber Plaza, Middleton, WI 53562-1096. **Lacquer platform bed, white-washed console table**—The Lane Co., Inc., P.O. Box 151, Alta Vista, VA 24517. **Carpet,** Design Concept, "Monet Rugby Beige"—Carpet One, 1355 S. Marietta Pkwy., Suite 107, Marietta, GA 30067. **Picture over bed**—Vanguard Studios, Inc., P.O. Box C-4521, Pacoima, CA 91333. **Halogen desk lamp**—George Kovacs Ltd., 67-25 Otto Rd., Glendale, NY 11385. **Recessed lights**—Lightolier, 100 Lighting Way, Secaucus, NJ 07094. **Interior wood trim**—Western Red Cedar Lumber Assn., 1500 Yeon Bldg., Portland, OR 97204. **Exterior APA rated lap siding**—American Plywood Assn., P.O. Box 11700, Tacoma, WA 98411. **French doors**—Hurd Millwork Co. (address above). **Cedar ceiling**—Canadian Forest Products, Ltd., 301-1700 W. 75th Ave., Vancouver, BC V6P 6G2. **Outdoor furniture,** "Jay Spectre Collection"—Brown Jordan, P.O. Box 5688, El Monte, CA 91734. **Roof**—Owens Corning Fiberglas, Fiberglas Tower, Toledo, OH 43659. **Deck wood**—McFarland Cascade, P.O. Box 1496, Tacoma, WA 98401.

Pages 126–127: Wood trim—Western Red Cedar Lumber Assn. (address above). **Skylights**—Wasco Products, Inc., P.O. Box 351, Sanford, ME 04073. **Cedar ceiling**—Canadian Forest Products, Ltd. (address above). **Shower wall**—Kalwall Corp., 88 Oine St., Manchester, NH 03103. **Tile floors**—American Olean Tile Co., 1000 Cannon Ave., Lansdale, PA 19446. **Cabinets**—Alno Kitchen Cabinets (address above). **Countertop**—Du Pont Corian, Solid Surface Products, Du Pont Co., Room G50990, Wilmington, DE 19898. **Bath accessories, sink, bar sink**—Kohler Co., Kohler, WI 53044. **Check-pattern towel,** "Esprit"—West Point Pepperell, Home Fashions Div., 1185 Ave. of the Americas, New York, NY 10036. **Carpet,** Design Concept "Monet Rugby Beige"—Carpet One (address above). **Recessed lights**—Lightolier (address above). **Sponge painting of walls**—Emmerling Studios, 1690 SW. Midvale Rd., Portland, OR 97219. **Shower valves, lavatory faucets, bar sink faucet**—Grohe America, Inc., 900 Lively Blvd., Wood Dale, IL 60191. **TV**—Mitsubishi Electronics America, Inc. (address above). **Refrigerator**—U-Line, 8900 N. 55th St., Milwaukee, WI 53223. **Wall sconce**—Halo Lighting (address above).

Page 128 (*center*): Landscape design for raised planter—Connica Towles, 10263 SW. Riverdale Dr., Portland, OR 97219. **Metal clock**—Harris G. Strong Inc., Bar Harbor Rd., Ellsworth, ME 04605.

HOMEMADE IN NO TIME

Page 131: Plate, "Alabaster and Gold"—Royal Doulton USA Inc., 700 Cottontail Lane, Somerset, NJ 08873.

Pages 132–133 (*top left*): Small plate, "Tuxedo"—Swid Powell, 213 East 49th St., New York, NY 10017. **Liner plate,** "Metropolis Black"—Sasaki, 41 Madison Ave., New York, NY 10010. **(*Bottom left*): Plate and cup,** "Midnight Sun"—The Pfaltzgraff Co., P.O. Box 1069, York, PA 17405. **(*Right*): Plate,** "Yo-Han"—Lindt-Stymeist Designs, 6231 Hollis St., Emeryville, CA 94608.

Pages 134–135 (*left*): Black underliner plate, "Black Marble"—Waechtersbach USA, Inc., 4201 NE. 34th St., Kansas City, MO 64117. **Au gratin dish**—The Eggshell, 205-A, Valley West Mall, West Des Moines, Iowa 50265. **(*Top right*): Plate and bowl,** "Midnight Sun"—The Pfaltzgraff Co. (address above).

Page 136 (*top*): Plate, "Marrakech"—Fitz & Floyd, P.O. Box 815367, Dallas, TX 75381-5367. **Knife and fork,** "Fortuna"—Yamazaki Tableware, Inc., 150 North St., Teterboro, NJ 07608. **(*Bottom*): Plate,** "Marrakech"—Fitz & Floyd (address above).

Page 138 (*top*): Small plate, "Quattro Bianco"—Arabia, Designor, Inc., P.O. Box 424, New Canaan, CT 06840. **Liner plate,** "Quattro Platino"—Arabia, Designor, Inc. (address above). **Napkin**—Now Designs, 540 Hampshire, San Francisco, CA 94110. **(*Bottom*): Small plate,** "Quattro Platino"—Arabia, Designor, Inc. (address above). **Liner plate,** "Quattro Bianco"—Arabia, Designor, Inc. (address above). **Napkin**—Now Designs (address above).

Page 144: White plate, "Chicago"—Swid Powell (address above). **Aqua plate liner**—Barn Swallow, Highway 71, P.O. Box 378, Okoboji, IA 51355. **Fork,** "Alpha"—Dansk International Designs Ltd., Radio Circle Rd., Mount Kisco, NY 10549. **Glass,** "Green Facets"—Libbey Glass, Inc., P.O. Box 919, Toledo, OH 43693.

Page 145: Plate, "Sand Drift"—The Pfaltzgraff Co. (address above).

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Page 155 (*left*): Fork, "Celestial"—available at all Macy's department stores. **(*Right*): Salad bowl**—Fitz & Floyd, P.O. Box 815367, Dallas, TX 75381-5367.

Page 156 (*right*): Blue plate—Pier 1 Imports, P.O. Box 961020, Fort Worth, TX 76161-0020. **Fork and spoon,** "Tesoro"—Oneida Ltd., Oneida, NY 13421. **Wine glass,** "Madison Avenue"—Noritake, 41 Madison Ave., New York, NY 10010.

HOW DOES YOUR GARDEN GROW

Pages 161: Wooden bowls—Cabin Craft Midwest, 1225 W. First St., Nevada, IA 50201; 800/669-3920. **Paint**—Sherwin-Williams, 101 Prospect Ave., Cleveland, OH 44115.

Pages 162: Sampler, Evenweave fabric, "Heatherfield"—Wichelt Imports, P.O. Box 139, Stoddard, WI 54658. **Floss**—DMC Corp., Port Kearny Bldg. No. 10, South Kearny, NJ 97932.

Pages 164: Chest—Sears 1991 Fall/Winter catalog, page 604; 800/366-3000. **Seed packets, garden tools, gloves**—Botanic Garden Co., Inc., 9 Wyckoff St., Brooklyn, NY 11201.

DIRECTORY OF ARCHITECTS, DESIGNERS

MAKING A GRAND ENTRANCE

Pages 21–26: Designer—Tim Clark, Country Landscapes, Inc., 1109 SW. 63rd St., Des Moines, IA 50312.

DOWN HOME IN DIXIE

Pages 109–120: Architect—Gerald D. Cowart, Architect, Cowart Design Group Architects, 5 Skidway Village Walk, Suite 203, Savannah, GA 31411. **Interior designers**—H. Linden "Buddy" McDowell, ASID, and Sherry Brown, ASID, Design Directions, Inc., One Ashton Woods Dr., SE, Marietta, GA 30068. **Landscape designer**—Danny Stewart, 17 Sagefield Ct., Savannah, GA 31419. **Contractor**—Highland Contracting, Inc., 9314 Whitfield Ave., Savannah, GA 31406. **Project sponsor**—The American Wood Council, 1250 Connecticut Ave., NW, Washington, DC 20036.

MASTER SUITE MAGIC

Pages 123–128: Architects—Gilbert/Hasenberg Architects, 239 NW. 13th Ave., Portland, OR 97209. **Interior designer**—Vikki O'Leal, Allied Member, ASID, Country City Interiors, 16889 SW. 65th, Lake Oswego, OR 97034. **Landscape designer**—Connica Towles, 10263 SW. Riverdale Dr., Portland, OR 97219. **Design sponsor**—Western Wood Products Assn., Yeon Bldg., 522 SW. Fifth Ave., Portland, OR 97204. **Remodeling contractor**—Neil Kelly Co., Designers/Remodelers, 804 N. Alberta, Portland, OR 97214. **Lighting design**—Peter J. Hall Assoc., 653 SW. Evergreen Rd., Lake Oswego, OR 97034. **Furniture and accessories**—furnished by Gevurtz Contemporary Furniture, 6600 SW. Bonita Rd., Tigard, OR 97224.

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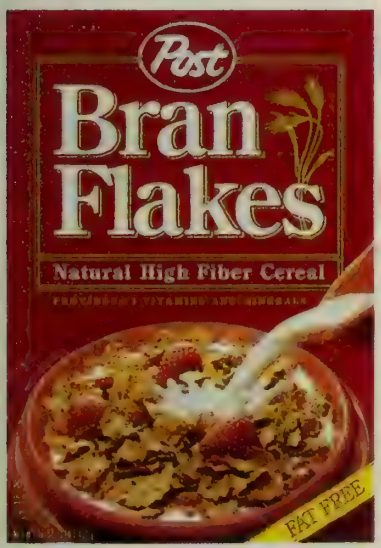
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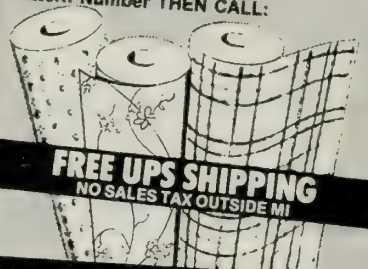
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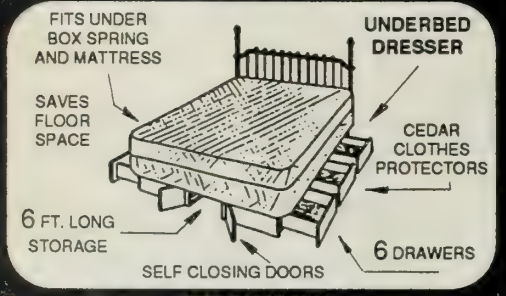
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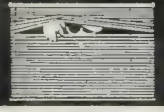
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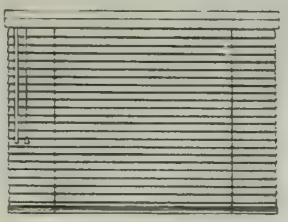
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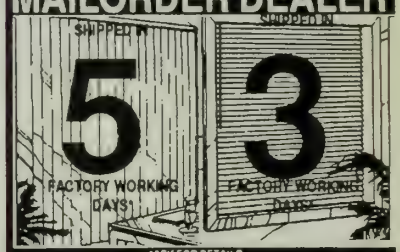
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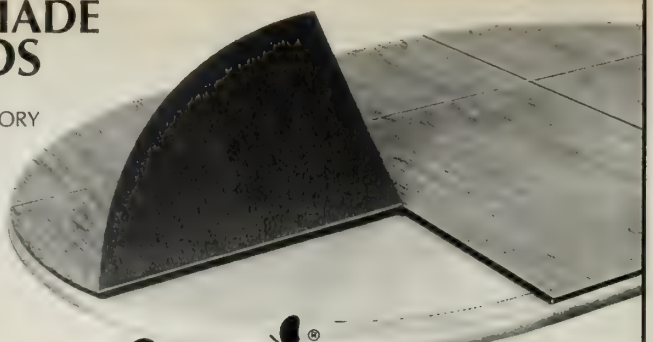
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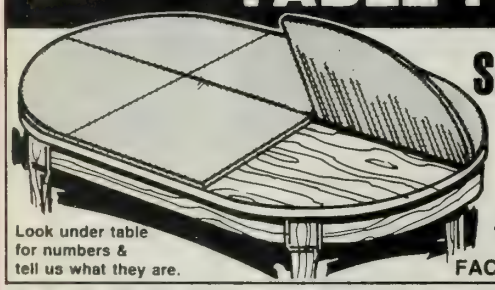
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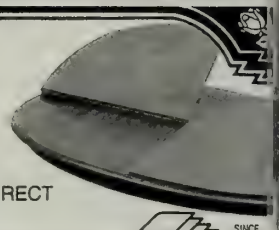
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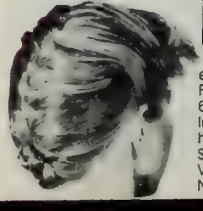
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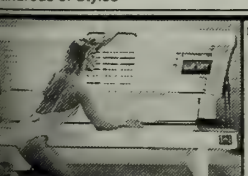
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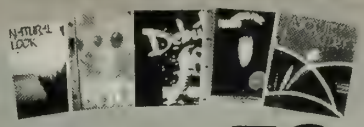


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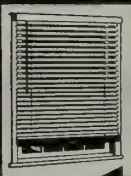
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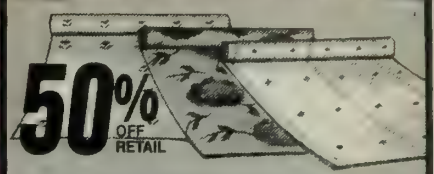
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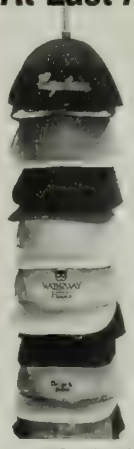
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SEPTEMBER 1991

■ Our Rosemary remarks that one of the problems with dating an economics major is that you have trouble figuring out whether "you are really hitting it off or just enjoying a final fling before another recession."

■ Bill Drummond claims that he has just one tool in his toolbox: an address book with the numbers of his plumber, electrician, and Joe, the neighborhood handyman.

■ Dot Dresch reports that she bought one of those "universal" remote controls that's supposed to work on your TV, VCR, and other electronic gear. "Unfortunately," she reports, "whenever I try to change channels, the garage door opens."

■ Not too surprisingly, the annual employee evaluations at our office concluded that everyone there was either "excellent" or "superior." I guess the "average" folks are the ones who work across the street.

■ Aunt Opal called last week to inquire whether the mileage between oil changes for her old jalopy should include that accrued while the vehicle is being towed.

■ Our grade-school soccer coach, Ebony Ballinger, reports that one of her major challenges is getting her young players to run as fast on the playing field as they do to the concession stand when the game is over.



"This is ivy but it'll give you some idea. . . ."



"He's a big snob!"

■ "There are worse things than a bad memory," the Rev. George Hall declared last Sunday. "Like repeatedly bringing up things that should have been forgotten years ago."

■ Judy generously offered to wash the living-room windows last Saturday. Christine and I can't say they are much cleaner now, but at least the dirt streaks run in a different direction.

■ One of the drawbacks of getting older is that police officers, doctors, and airline pilots start reminding you less of your parents and more of your kids.

■ I can tell when September rolls around because I'm as likely to find a football left in the driveway as a baseball glove.

■ Now that no-smoking sections are common in restaurants, that grump Ned Carter is lobbying to add no-children sections as well.

■ Our Rosemary reports that there's nothing quite like a summer job at a fast-food restaurant to convince young people that the quickest way to get ahead is to go back to college.

Now that September is here, Chris and I will once again be helping out at school occasionally. Neither of us has time to do as much as we'd like, but we would hate to miss a chance to find out what's on the minds of youngsters.

Certainly, kids today carry a lot of baggage we never even heard of while growing up. Drugs, crime, VD—I'm sure these were around while I was growing up, but I don't remember worrying about them as much as some kids these days.

But, surprisingly perhaps, youngsters mostly seem to ask the same questions that I asked: How do I find good friends, and keep them? Am I popular? Where do I fit in? Why don't my parents understand me? What will Mom do when she finds out I dented the car door?

Talking with these kids reminds me that it isn't enough to warn kids about AIDS and drugs. Listening to their more commonplace concerns is just as important.

Burton Hillis

October

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THE MAN NEXT DOOR

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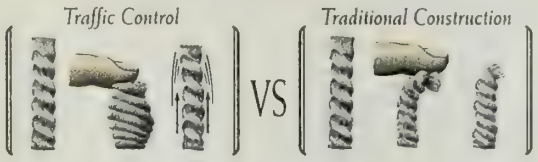


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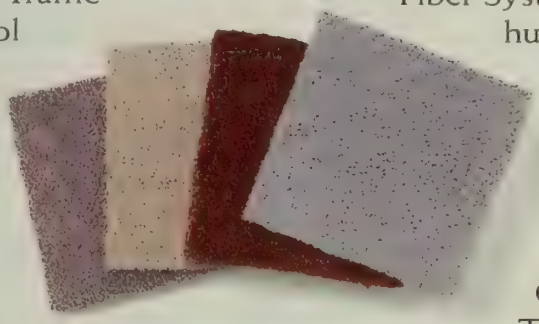
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Top crust:
Cut one inch circle in center. Cut three small almond shaped slits in eight rows radiating out. Place crust over filling. Fold edge of top crust under bottom crust. Brush underside of each almond shape with water; place two between each row of slits. To create rope edge: Press thumb at angle into edge of crust; pinch dough between thumb and knuckle of index finger. Repeat diagonally around edge of the pie pan.



Easy as pie.



Top crust:
With heart cookie cutter, cut out three hearts; points toward center. Place crust over filling. Fold edge of top crust under bottom crust. Brush underside of hearts with water; place between cut outs. Scalloped Edge: Place thumb and index finger 1 inch apart on outer edge. With inverted spoon, push pastry toward outside to form scallops. Repeat. Make second spoon indentation ¼" inside first marking.



Ditto.



Lattice top:
Cut top crust into nine one inch strips. Place five strips evenly over filling. Place remaining four strips crisscross at a slight diagonal over top. Fold ends of strips under bottom crust. To create herringbone edge Dip fork in flour. Press tines diagonally ont crust edge. Rotate tines 90 degrees; pre next to the first set of tine marks. Continue the marks around the outside edge of the pie pan forming a diagonal V pattern.



Same.





In the dairy case.

Cherry Cranberry Pie

2 cups cranberries (fresh or frozen)
¾ cup sugar
21 oz can cherry pie filling
2 tablespoons cornstarch

Lightly mix ingredients together. Spoon into Pillsbury All Ready Pie Crust prepared according to package directions for 2 crust pie. Bake at 425° for 35-45 minutes.

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Better Homes and Gardens®

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Iced Tea Spoon	14.50	6.95	11.00	5.35	8.50	4.15	5.50	2.70
Salad Fork	14.50	6.95	11.00	5.35	8.50	4.15	5.50	2.70
Place Fork	14.50	6.95	11.00	5.35	8.50	4.15	5.50	2.70
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Sugar Spoon	20.00	9.75	16.00	7.85	12.00	5.85	8.00	3.95
Tablespoon	29.00	13.95	22.00	10.75	17.00	8.35	11.00	5.35
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EDITOR'S LETTER

OCTOBER 1991



GEORGE CEOLLA

GREAT GIFTS BY MAIL AND GOOD DEEDS, TOO

Dear Readers,

I'm sure your mailbox, like mine, is overflowing this time of year with mail-order catalogs. Although the volume of catalogs gets a little overwhelming as the holiday season goes on, I enjoy the bright profusion of tempting merchandise I get to look over in the comfort of my easy chair.

This convenient way to shop, coupled with the great success we had last spring with our Mothers' Day House Pin™ promotion, inspired us to try something new in this issue. You'll find this new idea beginning on *page 159*—a Holiday Gift Catalog full of unique products. And, all the profits from whatever you order go directly to The Better Homes™ Foundation to help homeless families.

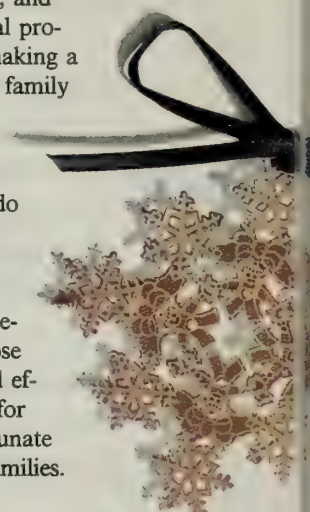
The programs of The Foundation have helped families like Vicki and her daughter, Amber, pictured above. You'll read her story as well as other success stories from our programs in sidebars on our catalog pages.

We think we've come up with a wonderfully appealing bunch of gift ideas in a nice range of prices, and, in most cases, merchandise not readily available anywhere else.

One item I know for sure you can't find elsewhere is this year's Better Homes™ Foundation holiday ornament (*right*). This is the third in our annual series of collectible ornaments by Hawaiian designer Elizabeth Root. Make a $50 donation in the name of a friend or relative and we'll send them an ornament with a card to tell them you did it. Or, we'll send all three years' designs for a $100 donation.

Lots of folks here at *Better Homes and Gardens*®, The Foundation, and various other companies have worked hard and have generously donated their time and effort to make this catalog a reality. I hope you'll have a look at all the good stuff and order some for your friends and family. I've seen all these items and held them in my hands, so I can vouch for their quality.

I can also vouch for the quality of the programs of The Better Homes™ Foundation in helping homeless families to get back on their feet and back into the mainstream of American life. Health care, job training, drug and alcohol abuse programs, early education for kids, and other pratical programs are making a real dent on family homelessness.



Your gift dollars can do double duty this year by providing charming presents for those you love and effective help for our less fortunate American families.

David Jordan

David Jordan, Editor in Chief

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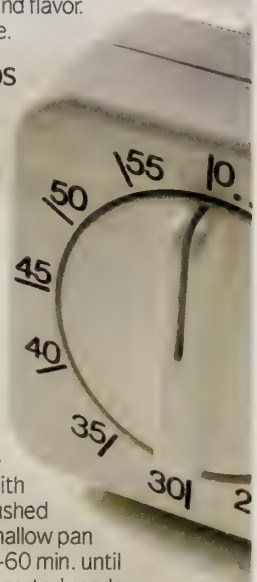


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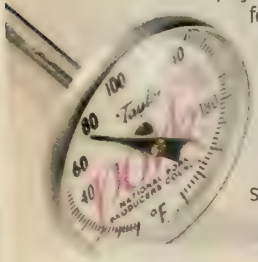
Garlic-Pepper Loin Roast

Sprinkle a 2 lb. boneless pork loin roast with garlic pepper and crushed rosemary. Roast in shallow pan in 350°F oven for 45-60 min. until meat thermometer inserted reads 155-160°F. Let stand 5 min. before serving.

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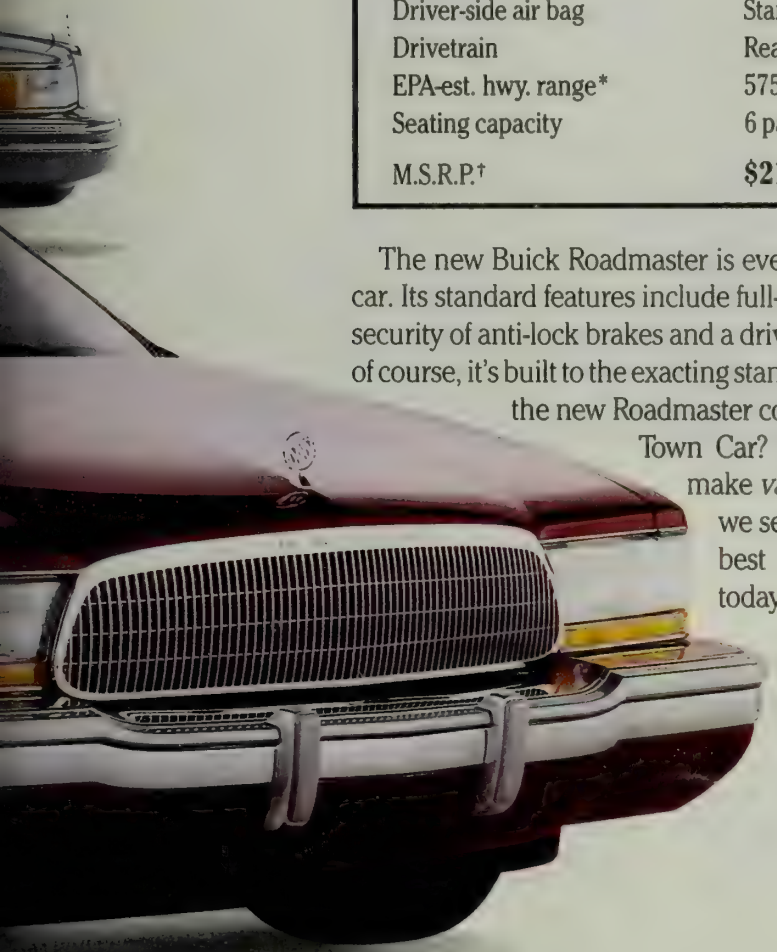
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FAMILY NETWORK®

READERS' SOLUTIONS TO FAMILY AND COMMUNITY PROBLEMS

TROUBLED WIDOW

We had several hundred responses to the April Family Network question by Beverly Chaney of Peoria, Ill. She asked if her reaction to widowhood—thinking often that her late husband was still there—was normal. Some of you suggested she seek counseling or support groups, or recommended books on dealing with grief. Most of your letters, however, were similar to the following two:

My husband has been gone for 16 months and... I have constantly felt his presence. I still spend every afternoon writing to him, telling him how much I love and miss him, and keeping him informed as to what is happening in "our" lives. I admit that I do not speak of these matters to anyone, but thought I would share them with you so you don't believe you are losing a grip on reality.

E.K.
Chicago, Ill.

The days passed quickly, but the nights were unguarded. He visited me in my dreams. I was concerned initially, until I realized that this was part of saying good-bye. I went to sleep wondering what would happen next. One time he told me he'd been hiding behind the curtains at the funeral home just to see who would show up. Another time he came down the street pulling a coaster wagon of groceries. It has been six years now, and my last dream was about a year ago. At that time, I told him I was doing fine and was getting on with my life.

Vicki Burt
Aniwa, Wis.

A SHY TEENAGER

We also received letters of encouragement for Scott D. Shepherd, who asked in May's Family Network about how he might overcome his shyness around relatives.

Scott could be put in charge of serving snacks or drinks, flipping burgers on the grill, or taking photos of the group. That way, he would be part of things, but too busy to answer lots of questions.

Michelle Jenkins
Philadelphia, Pa.

When you are informed of a relative's upcoming visit, ask your family for a bit of information about the relative—hobbies, job, and so on. This will give you something to talk about.

Mary Anne Officer
Manteca, Calif.

I solved my problem by starting to write to my relatives throughout the year, telling them what I'd been doing, my plans, even everyday stuff. Then, when they made their yearly visit, we had some familiar ground on which to start a conversation.

Christine Mitchell
Homer City, Pa.

My solution was to become involved in volunteer activities helping people in need. I was forced to crawl out of my shell in order to communicate enough to help others. The rewards have been immeasurable, and the activities have cured my shyness.

Ruth E. Barnett
Iola, Kans.

You might tell your relatives how awkward you feel sometimes. Their response to your admission of shyness might surprise you.

Linda Cromartie
Arlington, Va.

WRITE TO US

Family Network welcomes letters describing how you solved problems involving your family or your community, or letters asking for help with an unsolved problem. Write to Family Network, *Better Homes and Gardens*, 1716 Locust St., Des Moines, IA 50336. Letters may be edited for space. All letters become the property of *Better Homes and Gardens*®. We will pay $50 for each letter published.

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Be sure to include ZIP code for proper delivery. Offer good only in the U.S.A. Offer expires March 31, 1992.

© 1991 General Mills, Inc. A61467

At last, a fine Christening doll at a truly affordable price!

CERTIFIED PREMIERE GRADE THE ASHTON-DRAKE GALLERIES



©1991 The Ashton-Drake Galleries
9200 North Maryland Avenue
Niles, Illinois 60648-1397

"Catherine's Christening"

earing a Christening gown that has en lovingly handed down for genera- ns, "Catherine" is warmly wel- med into her faith. Cradled in ommy's arms with Daddy hold- g her tiny hand, the baptismal ater gently trickles over her ad. A little startled—but not ear shed—"Catherine's" de blue eyes sparkle and r lips purse with citement.

"Catherine's Christening" artist Kathy Barry- ppensteel is an original sue in *Baby Book Treasures,* heartwarming collection porcelain infant dolls pturing the special mile- nes in the first year of life.

uality Craftsmanship Every Detail

Catherine's" head, arms and gs are hand-cast of smooth sque porcelain. Her petite cial features and her animated nds and feet are hand-painted soft flesh tones. Hand-set eyes d realism. "Catherine" is dressed in heirloom-design gown of sheer cot- n-blend fabric with inset lace, eyelet, tin ribbon, ruffles, and finely-tailored ntucks. A matching bonnet and e-edged, dotted swiss pattern anket complete her ensemble.

Evaluated against *The Uniform ading Standards for Dolls* dev- oped by the Ashton-Drake lleries, these distinctive fea- res have earned "Catherine" e *Standards'* highest rating for istry and craftsmanship— emiere Grade.



Shown smaller than actual size of 15½ inches long, 21 inches including gown. Complete with lace-trimmed blanket. Floral, ribbon, and lace accessories not included.

Doll	Category of Doll	Edition End	Issue Price	Average Market Value*	Change
"Heather"	Baby	1987	$48	$448	+$400
"Jennifer"	Baby	1988	$58	$369	+$311
"Sarah"	Baby	1989	$58	$159	+$101

*Source: April, 1991 survey of registered sales by select leading doll dealers nationwide. Actual resale prices may vary.

A Collectible Doll with Investment Potential

The doll you buy today may be a wise investment for the future. Once an edition is sold out, those who want a doll from the edition must pay whatever the market will bear, if and when one becomes available from dealers or at auction. That's why fine collectible dolls often sell for more than their original prices within only a few years of being issued.

Of course, not all dolls increase in value; values can go down. But dolls of superior artistry and craftsmanship—such as "Catherine" and other Premiere Grade dolls—have excellent potential to appreciate.

Bear in mind that "Catherine's Christening" is an original issue in an important collection, just as the exceptional baby dolls we recommended in the chart below. "Catherine" has similar credentials that make her potential for market success also seem promising.

Recommended and guaranteed by the Ashton-Drake Galleries, "Catherine's Christening" can be yours to cherish for *only $58.00—an extraordinary value for an heirloom-quality porcelain doll.* To order, simply complete and mail the attached Reservation Certificate. But hurry…"Catherine's Christening" is issued in an edition ending forever in 1991, after which molds for this doll will be broken and no more porcelain will ever be cast. Order today.

HE ASHTON-DRAKE GALLERIES
00 North Maryland Avenue
les, Illinois 60648-1397

THE ASHTON-DRAKE GALLERIES

PLEASE RESPOND BY:
October 31, 1991

S, please enter my reservation for "Catherine's ristening" from the *Baby Book Treasures* collection. Limit: ne doll per customer. I understand that I need SEND O MONEY NOW. I will pay for the doll in three convenient onthly installments of $19.33* each, the first being billed fore shipment.

My satisfaction is unconditionally guaranteed. I understand that I may, for any reason, return "Catherine" to the hton-Drake Galleries at any time within ***one full year*** er I receive her for a refund or credit of the full rchase price, including postage.

X _____
Signature Date

_____ ( )
Name (please print) Telephone

_____
Address Apt. No.

_____
City State Zip

*Plus $3.94 home delivery fee and any applicable state sales tax. Please allow 4 to 6 weeks for delivery. Canadian price: $75.00 plus postage and handling and any applicable sales tax.

76352-D81248

"How To Lose Weight... Without Going On A Diet"

By James T. Cooper, M.D.

A unique new weight-loss program has been discovered by a team of bariatric physicians ... doctors who specialize in treating the severely obese. It was further developed and tested at clinics in Waycross and Marietta, Georgia.

Up until now the program has been one of the best-kept secrets in America. Because it's ***only been available to doctors***. No one else. In fact, it's been used by 142 doctors in the U.S. and Canada to help over 9,820 patients lose weight. So it's doctor tested. And proven. This is the *first time* its been available to the public.

The program is *totally different* from most American "diet" plans.

It's different because it *lets you eat*. Good food. And lots of it.

In fact, people on the program are actually encouraged to eat up to six times every day.

They enjoy three regular meals. Plus three or four snack meals. So they don't feel hungry. They don't feel irritable.

Best of all, they're *losing weight*.

I'm sure you're wondering, "How can a person eat so much and still lose weight?"

The secret is not in the amount of food you eat. It's in the *prescribed combination* of foods you eat during each 24-hour period. Nutritionally dense portions of special fiber, unrefined carbohydrates and certain proteins that generate a negative caloric process that continues all day long ... a complete 24-hour fat-burning cycle. Metabolism is evened out, so fat is burned away around the clock. Not just in unhealthy spurts like many diets. That's why it lets you shed pounds so easily. Without hunger. Without nervousness.

And it's all good wholesome food. No strange foods. You'll enjoy a variety of meats, chicken, fish, vegetables, potatoes, pasta, sauces — plus your favorite snacks. Even some light wine or beer if you wish.

There are other benefits too ...

- There are no pills. No amphetamines. No drugs of any kind.
- There are no powders. No chalky-tasting drinks to mix. No artificial foods of any kind.
- There's no strenuous exercise program.
- You don't count calories. Just follow the program. It's easy.
- You eat foods you enjoy. Great variety. Great taste.
- You can dine out.
- There's much less fluid retention.
- There's no ketosis. No bad breath odor.

But *here's* the best part ...

Once you lose the weight, you'll *keep it off*. Permanently!

Because the Clinic-30 Program lets you *continue your normal eating lifestyle*. You can snack in the afternoon. Snack before dinner. You can even snack at night while you're watching T.V.

Here are some *actual* comments from people who participated in the program ...

- Susan T. is a 29-year-old computer programmer. She went from 171 to 153 in just 52 days.

"I bring home a lot of stress and it makes me start gaining weight. But not this time. The weight's off and it's staying off. I've been slim for over a year now!"

- Stacy H. is a 35-year-old nurse who's only been on the program for 3½ weeks and lost 11 pounds.

"I'm so grateful for a program that allows me so much food and so many snacks. I've tried dozens of diets. But I was always hungry. Now I can even walk by the nurse's station (where they keep the donuts) without hesitation. Thank you."

- Reverend Donald F. is a 42-year-old mi ister who went from 227 to 179 in just fo months.

"In spite of church suppers, I've lo almost 50 pounds in four months a I'm not having a rebound gain. Bo my wife and I enjoy the mea greatly."

- Renate M. was a G.I. bride from Germa who went from 212 to 140.2 in 8½ montl

"I believe I was a participant in e ery weight-reducing plan there ev was. I failed at all of them. The about two years ago, I started t Clinic-30 Program. And I haven't gained a pound. Not one."

This is the first time the Clinic-30 P gram has been available outside o clinical setting. It's being distributed Green Tree Press, Inc. in Erie, Pennsylvan

We'll be happy to send you the compl program — including the full maintena program — to examine for 35 days. Show to your own doctor. Try it *yourself*. There's obligation. In fact, we won't cash your ch for 31 days. Feel free to postdate it 31 days advance, if you wish.

Choose a day and start the program. If don't begin losing weight within three d — and continue losing weight — w promptly return your ***original uncash check***. No delays. No excuses.

Or keep it longer. Try it for a full y Even then, if you're not continuing to l weight on a regular basis, or maintaining weight you've already lost, we'll send yo full refund. Promptly. And without quest

To receive the program, just send y name, address and postdated check $12.95 (plus $3.00 shipping and handling The Clinic-30 Program, c/o Green Tree Pr Inc., Dept. 947, 3603 West 12th Street, E PA 16505.

Green Tree Press is a member of the Erie, Pennsylvania Chamber of Commerce. Banking and business references are available upon request.

© 1991 GTP, Inc.

THE SHIRLEY TEMPLE COLLECTOR PLATE

Officially authorized by Shirley Temple...



Shown smaller than actual size of 8¼" in diameter

"Stand up and Cheer" TM

© 1934, 1991 Twentieth Century Fox Film Corporation. All rights reserved. TM designates a trademark of Twentieth Century Fox Film Corporation.

© 1991 MBI

A numbered *first edition* porcelain collector plate featuring Shirley Temple in one of her most beloved movie roles.

No child star in Hollywood history was more nous or beloved than Shirley Temple. Her spar- ng personality and extraordinary talent lit up the ver screen—and her golden curls, adorable nples and radiant smile captured millions of arts around the world.

Now, you can acquire a first edition porce- n collector plate that perfectly depicts little irley, as she appeared in "Stand Up and Cheer".. e memorable 1934 movie that rocketed her stardom.

A serially-numbered first edition.

"Stand Up and Cheer" is an exclusive first edi- n issue. Each plate will be individually numbered d accompanied by a Certificate of Authenticity, aring your exclusive serial number. Crafted in fine rcelain, the plate is richly colored in vivid detail d luxuriously finished with a band of gleaming kt gold.

A remarkable value—guaranteed satisfaction.

This enchanting collector plate is a Danbury Mint exclusive, and is attractively priced at just $24.95—an exceptional value considering its superb quality, exquisite artistry and first edition status. Moreover, if you are not completely satisfied, you may return your plate within 30 days for a prompt replacement or full refund.

Order now to obtain the lowest possible serial number.

"Stand Up and Cheer" is sure to be prized by your family for generations to come...and a low serial number will make it all the more precious. Serial numbers will be assigned in order of receipt of Reservation Applications, *so return yours today!*

the Danbury Mint

47 Richards Avenue • Norwalk, Conn. 06857

RESERVATION APPLICATION

THE SHIRLEY TEMPLE COLLECTOR PLATE

The Danbury Mint
47 Richards Avenue
Norwalk, Conn. 06857

"Stand up and Cheer"

Limit: two plates per collector

Please accept my reservation for *"Stand Up and Cheer,"* as described in this announcement.

I wish to reserve _____ (1 or 2) plate(s) at $24.95 (plus $2.95 shipping and handling — total $27.90*) each.

Name _____
PLEASE PRINT CLEARLY

Address _____

City _____

State _____ Zip _____

Check One
☐ My check or money order is enclosed.
☐ Charge my credit card at the time of shipment:
☐ VISA ☐ MasterCard ☐ Discover ☐ Am. Exp.

_____
Credit Card Number Expiration Date

Signature _____

_____
Name to Print on Certificate of Authenticity (if different from above).

Please allow 2 to 4 weeks for shipment. All orders subject to acceptance.

*Any applicable sales tax will be billed with shipment.

490EBH1

GARDENER'S ALMANAC

OCTOBER



PETER KRUMHARDT

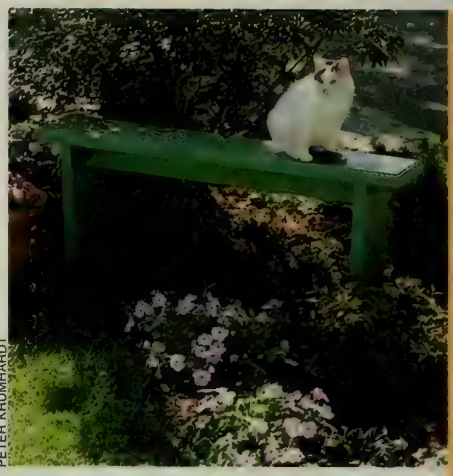
LET YOUR JUICES FLOW

Bruised, misshapen, or windfallen apples won't go to waste with the Homesteader single-tub cider press from Happy Valley Ranch. Made from laminated hardwood, the Homesteader comes with a cast-iron "Apple Eater" attachment that grinds fruit to a fine pulp before pressing.

For more information, write Happy Valley Ranch, R.R. 2, Box 83, Paola, KS 66071. Or call 913/849-3103.

COUNTRY CHARM

Inspired by the past, this garden bench is handcrafted of solid spruce. Its sturdy, mortise-and-tenon joinery assures long life. The 45-inch-long bench comes fully assembled. Available in white and teal green. Price: $95, plus $15 shipping. Write: Stockholm Gardens, P.O. Box 21, Stockholm, WI 54769.



PETER KRUMHARDT

BY DOUGLAS A. JIMERSON AND JANE AUSTIN McKEON



DUTCH GARDENS

BIGGER AND BETTER ALLIUM

Dutch Gardens' new allium, Globemaster, is sure to be a hit in your garden. Growing 40 inches tall, this amazing introduction produces a 10-inch-wide ball of bright blue flowers. For more information, write: Dutch Gardens Inc., P.O. Box 200, Adelphia, NJ 07710.



PHOTOGRAPH: MIKE MORELAND
REGIONAL EDITOR: RUTH REITER

COLD FRAME CULTURE

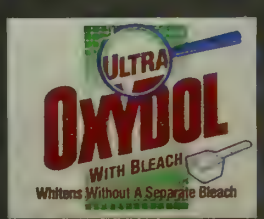
Georgia winters can be hard on young perennials. That's why Roy Wyatt, our southern test gardener, moves his seedlings to a cold frame for the winter. "If you don't have a greenhouse, a cold frame can be the next best thing," says Roy. Made from exterior plywood, 2×2s, and plastic sheeting, Roy's cold frame faces south for maximum warmth. "I can't overwinter tender plants, but many hardy perennials will survive, especially if I throw an old rug over the top to conserve heat on bitter nights," he says. In the spring, Roy uses the cold frame to harden off annual flowers.

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HOW MUCH
BLEACH
should you *add?*



NONE.

Ultra Oxydol® with Bleach whitens so well you don't need to add separate bleach.



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16 mg. "tar", 1.1 mg. nicotine av. per cigarette by FTC method.

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THE WRAP™

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Introducing The Winston Flavor Seal™ pack.

It holds in moisture 10 times better for peak freshness and a smoother, milder taste.

It virtually seals air out to eliminate stale or dry cigarettes.

That means consistent flavor and quality—pack after pack.

And only Winston has it.



SURGEON GENERAL'S WARNING: Smoking Causes Lung Cancer, Heart Disease, Emphysema, And May Complicate Pregnancy.

ARMSTRONG PUTS THE HEIGHT OF FASHION RIGHT AT YOUR FEET.



Floor design copyrighted by Armstrong



Where better to savor the silvery giggles of grandchildren than the summer room, casually dressed in flowered prints and old wicker? And what better finishing touch than our newest Designer Solarian® floor?

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Call 1 800 233-3823 for the name of your nearest Armstrong Floor Fashion Center® retailer. Ask for Dept. BHFA1

Armstrong

so nice to come home to™

BULB Gardens



PLANT NOW FOR WINTER BLOOM

Springtime arrives early when you pot up your favorite flowering bulbs for indoor bloom. You can "force" bulbs to blossom ahead of schedule by first giving them the winter chill they require. Or, for faster flowering, buy precooled bulbs or pots of ready-to-bloom bulbs at your local greenhouse, nursery, or garden center.

Tiptoe with the tulips

Choreograph a cultural event with a potted troupe of tulips. Good forcing varieties include Sweet Lady (*above*), Princess Irene, Monte Carlo, and Peach Blossom. Plant bulbs with their flat sides facing out. This will place the larger outer leaves near the container's edge, where they'll gracefully bow over the rim.

BY JANE AUSTIN McKEON



A basket of blooms

A basket of Tête-à-Tête narcissus brightens dreary days with sunny blooms. By planting several pots and staggering the time you remove them from cold storage, you can have fresh flowers all winter. Paperwhite and Soleil d'Or are two other good narcissus varieties for potting. Unlike Tête-à-Tête, these bulbs grow in pebbles (not soil) in shallow, watertight containers. Add water till the level reaches the bottom of the bulbs.



Splendor in the grass

You'll think that Mother Nature has blessed your household when grape hyacinths bloom. To create a mini meadow, mingle these charmers with grass. Sprinkle seeds of ryegrass on top of the soil after you remove the pot from cold storage.



How to make good scents

Spring is in the air when you open your door to the sights and scents of hyacinths. These fragrant flowers will perfume a warm room for up to two weeks. Recommended varieties for containers include Sky Jacket (*below*), Pink Pearl, and Carnegie. After bulbs sprout, surround the base of stems with long-fibered sphagnum peat moss to add beauty and to keep soil moist.



BULB Gardens

Springtime on a sill

Courageous little crocuses will bloom their hearts out on a sunny sill, defying the wind and cold from the cozier side of frosty windowpanes. Any variety will adapt beautifully to life in a pot. Our favorites: Yellow Mammoth (*below*), Jeanne D'Arc, and Queen of the Blues. To prolong flowering, move the planter to a shadier, north window.



Dramatic floor show

Make a statement by giving the floor to a spectacular arrangement of flowering bulbs. Here, white Snowstorm crocuses team up with purple dwarf irises (*Iris reticulata*). When you use baskets to display bulbs, line them first with plastic to prevent water from leaking out. Sink the pot (or pots) into the basket, using dried moss on top to camouflage rims.



BULB Gardens

Potted potpourri

One pot can display an array of bulbs. To synchronize blooms, combine bulbs that need the same chilling period. Or transplant small pots of ready-to-bloom bulbs to one large container.



PHOTOGRAPHS: JON JENSEN. REGIONAL EDITOR: BONNIE MAHARAM

A CHILLING TALE

Allow 15 weeks from the time you pot bulbs till the time they bloom. Most bulbs require 12 weeks of cold for rooting, and another three weeks at room temperature to flower. (Tulips need a longer rooting period, about 15 weeks; narcissus need less time, about three weeks.)

Move pots to a cool room in your house, away from direct sunlight, when stems are an inch or two high and roots are growing through the drainage holes. When shoots are about 4 inches tall, set pots in a warm, bright area to stimulate blooming. Keep soil moist.

POTTING SPRING BULBS FOR WINTER BLOOM



Select a clean pot with drainage holes. Fill the pot to the proper depth with all-purpose potting soil. The bases of the bulbs should be at least 2 inches above the bottom of the pot and the tops should be even with the rim of the pot.



Mix bonemeal or bulb fertilizer into the soil. Place bulbs (growing tips facing up) close together on top of the soil; do not let them touch each other or the edge of the pot. Avoid pressing bulbs into the soil to prevent compacting the soil underneath.



Cover bulbs with soil; water thoroughly. Label the pot with the variety name and planting date. Place the pot in a cold (35 to 50 degrees), dark place, such as a refrigerator, unheated basement, or cold frame. Keep soil moist.

To order a special collection of bulbs for forcing, see page 154.

ONE GREAT SETTING DESERVES ANOTHER.



Free 40-Piece Lenox® China Set With Purchase Of Selected Thomasville® Dining Rooms.*

For a very limited time, two great traditions in fine dining are setting the table for a very special event. From October 3, through November 5, 1991, when you buy one of Thomasville's selected dining rooms,* you'll receive eight complete place settings of Lenox® China, at no additional charge. Choose from either Lenox Eternal or Holiday patterns, a suggested retail value of up to $960. Call 1-800-225-0265 for the location of the participating retailer nearest you, and start your own Timeless Traditions today.



Eternal China
(24K gold trim)

TIMELESS TRADITIONS
from Thomasville® and LENOX®



Holiday China
(24K gold trim)

*Dining room purchase includes table, six chairs & side piece. Selected styles are: Collector's Cherry, Fisher Park, Mahogany, Country French, Fascination & Mystique.

Crystal, flatware, serving pieces, and table accessories are not included. No sales prior to October 3, 1991 or after November 5, 1991 are eligible for this offer. Offer available only through participating Thomasville retailers.

The safest way to get something off your chest.



3M Stripper has no harmful methylene chloride fumes. It requires no protective gloves for application. It's easy. It's effective. And it's safer than ordinary methylene chloride based strippers. Try 3M Safest Stripper™ Paint and Varnish Remover on your next project. It's available wherever you buy wood refinishing supplies.

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3M
Worldwide Sponsor 1992 Olympic Games

SIMPLE WOODEN REINDEER TO CRAFT

These sleek, white reindeer could be grazing happily in your yard this holiday season.

They're so easy to craft, you'll be tempted to build whole herds and give them away as unique holiday gifts or use them as ornaments for your own lawn. With their generous proportions (the upright reindeer is 3 by 4 feet), these reindeer are standouts for curbside viewing, but would feel equally at home in a roomy entryway or generous living room, or as a picture window display.

Cut from pattern

To build these sturdy holiday decorations, simply trace the full-size pattern onto a sheet of plywood, cut out the pattern, sand lightly, paint, snap the pieces together, and tie on a bright ribbon. Only simple tools are necessary and there's no gluing or nailing.

Better Homes and Gardens® has teamed with the editors of *WOOD®* magazine to offer you this project plan. By ordering your plan now you'll have plenty of time to build up your herd before the holidays.

Full-size patterns make this plan quick and easy to complete, and special tips and hints from our woodworking experts ensure a dazzling result with minimum effort.



Build your own herd of happy holiday reindeer in a weekend.

To order this plan, fill out the coupon below and send check or money order for $7.95 (U.S.). Price includes postage and handling.

Better Homes and Gardens®Project Plan Sales
Dept. 103-N, Box 9255
Des Moines, IA 50306

Name:_____

Address:_____

City:_____

State:_____ **Zip:**_____

100% MONEY-BACK GUARANTEE if not completely satisfied. If applicable, state and local taxes are included in the price of the plan. Allow four weeks for delivery.

Safety Doesn't Stop Here



At General Motors, safety isn't one thing. It's everything. It's accident avoidance. It's crash protection. It's driver performance. It's a series of ***Total Safety Systems***™ *— over 100 different safety features that can give you the protection and peace of mind you need. At General Motors, we know that quality begins with safety.*

Safer stops. Even on slippery roads.

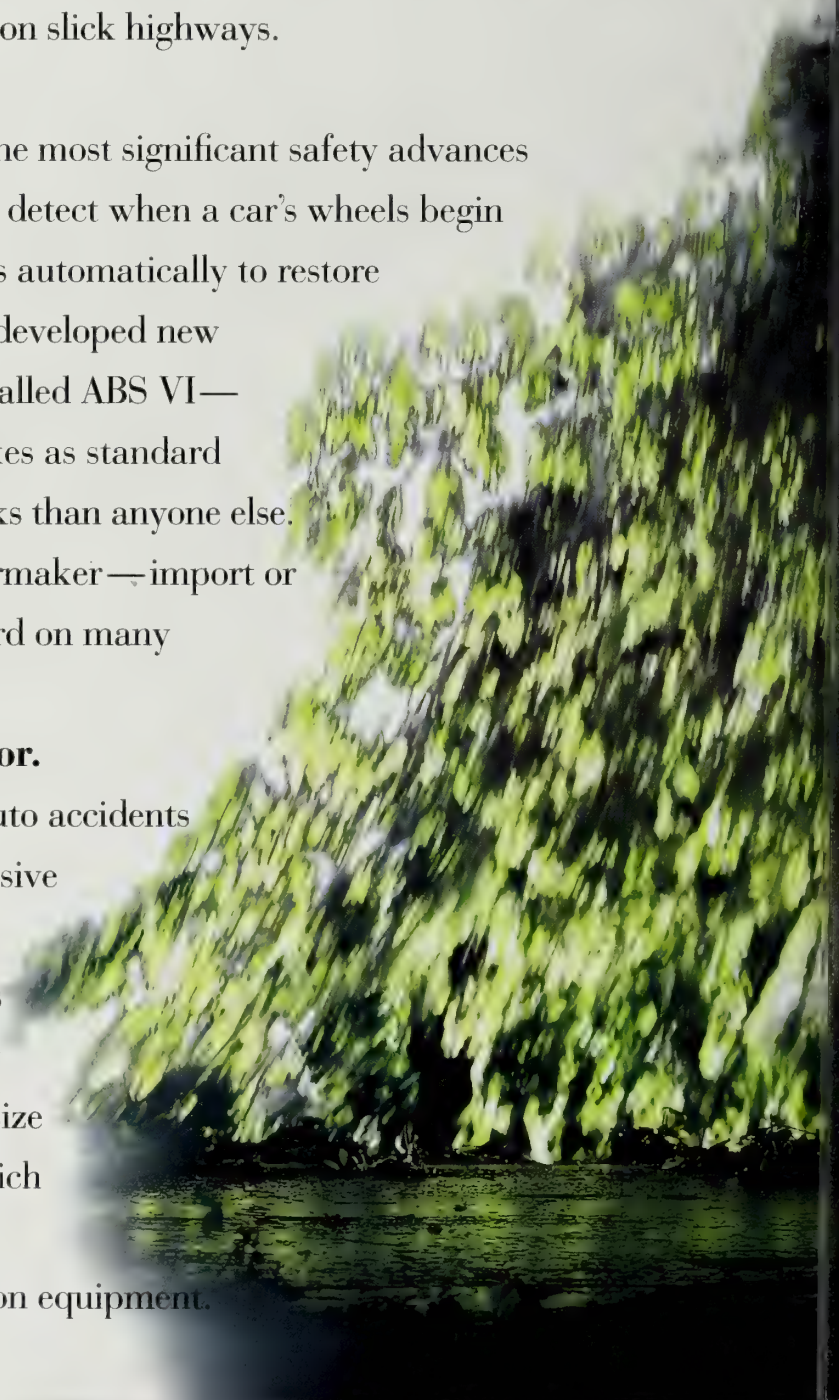
The best way to avoid injuries is to avoid accidents. And that's precisely what GM's anti-lock brakes can help you do. You can not only stop on a dime, but steer while you're doing it—even on slick highways.

Better control in panic stops.

Anti-lock brakes are one of the most significant safety advances in decades. Computerized sensors detect when a car's wheels begin locking-up, then pump the brakes automatically to restore the driver's control. And GM has developed new technology—a patented system called ABS VI—that lets us provide anti-lock brakes as standard equipment on more cars and trucks than anyone else. In fact, we'll be the only major carmaker—import or domestic—to make them standard on many small cars this Fall.

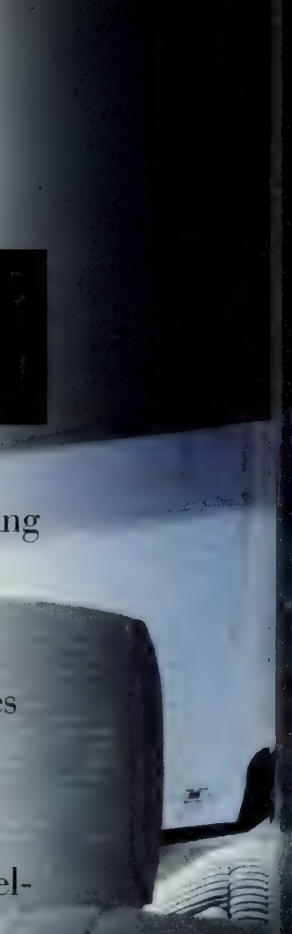
Compensating for human error.

The largest single cause of auto accidents is human error. So GM uses extensive crash analysis and biomedical research to design cars and trucks that help to compensate for many human mistakes. And we emphasize accident avoidance systems—which you're likely to use over 99 times more often than collision protection equipment.




Or Here.
GM

All-around protection for you and your family.



In a GM car, your family gets protection from every direction. Reinforced steel sections strengthen the roof,* front and sides, enveloping driver and passengers in a rugged "safety cage." Cushioned front and back with computer-designed crush zones, this cocoon-like structure helps to preserve the integrity of the "living space" and protect the lives of your family.

Our safety belts save lives.

They are the most effective piece of restraint equipment ever developed. Worn every time you drive, our GM safety belts can reduce the chance of driver fatalities by 42%. Add an air bag and your chances can improve by another 4%. What's more, GM safety belts are scientifically designed, positioned and anchored to give you excellent protection.

The best-engineered air bags.

We were the first to put air bags in production cars. Today, we have the best-engineered, most comprehensively tested air bag system in the world. Our system is fitted with a series of ultra-sophisticated sensors that know when to deploy the air bag—and, just as important, when not to. For example, GM air bags are designed not to deploy when you drive over a pothole or have a minor accident. During the 1991 model year, we built more air bag-equipped cars than any other manufacturer—domestic or imported. But we know that it takes more than one thing to keep you and your family safe. It takes everything.

*Except on convertibles

Or Here.



Handling that lets you handle almost anything.

Icy patches. Potholes. Dangerous curves. Debris. Bicycles. Animals. Oncoming vehicles. Since you're sure to confront them, you have to be sure you can handle them.

Systems that work better together, to give you better control.

And that's why General Motors is working to give you everything from reliable traction and stability to sure-handed maneuverability and steering.

We're doing it by designing our brakes, tires and suspensions as a system, so they work better together to give you better control of your car.

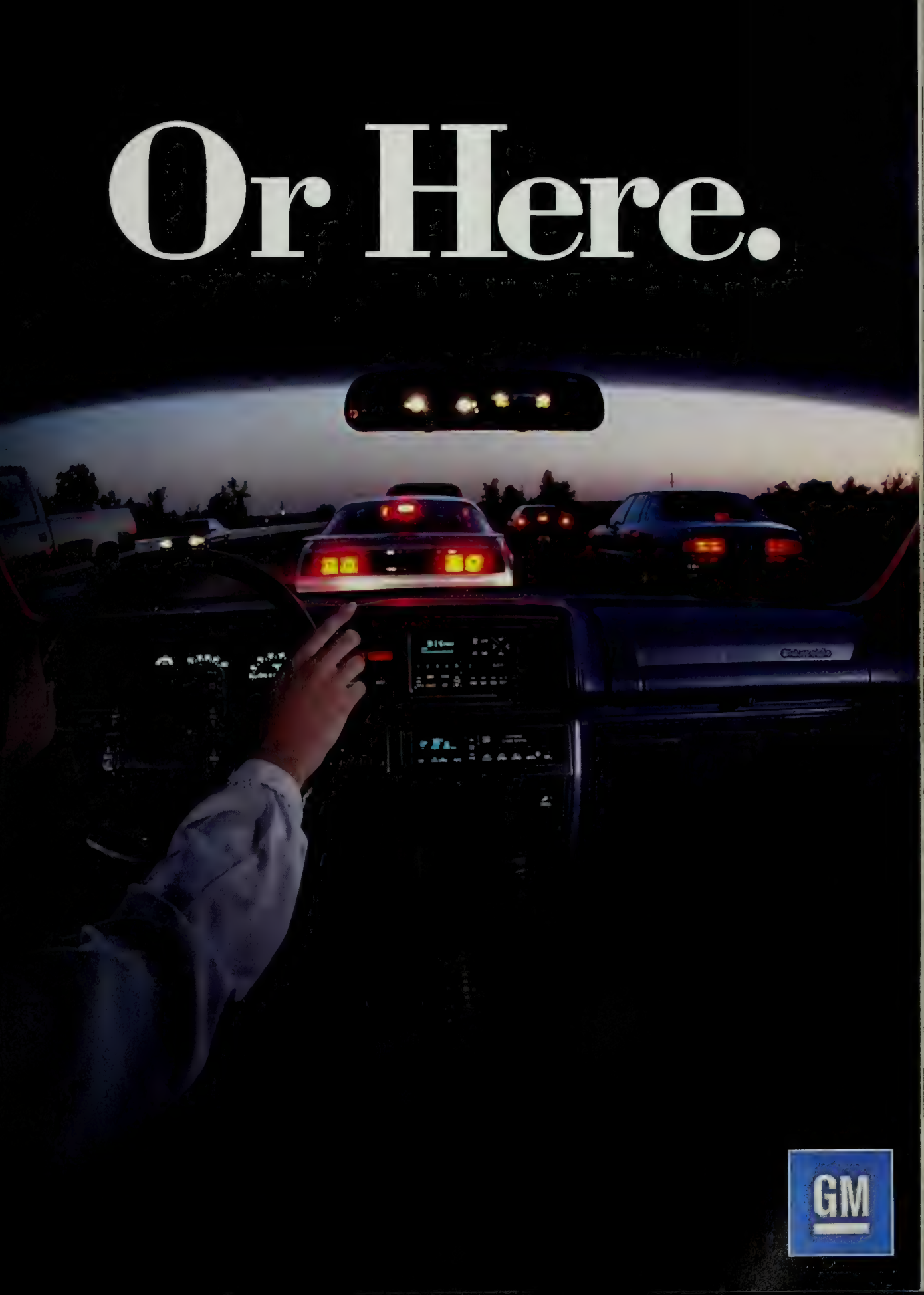
The more you see, the safer you drive.

We're doing it by coordinating systems that improve illumination and minimize glare. For example, high-intensity halogen headlights—the best in the industry. Matte-finish moldings and surfaces. And electrochromic rearview mirrors, available on several GM cars, that adjust automatically to reduce nighttime glare by up to 94%. So you get better, clearer vision night or day, in all kinds of weather.

In other words, we're helping to protect your family by combining the power of our many disciplines and component divisions, and focusing their vast energies and resources on the joint development of breakthrough safety technologies and equipment.

Over the years, we've invested billions of dollars in safety. And the end of that investment is nowhere in sight.

Or Here.



GM

Safety.
The inside story.

Nobody knows more about how to keep your family safe than General Motors.

No other carmaker does so many tests, with so many different physical types of test dummies. No other carmaker has a medical advisory committee. No other carmaker has a biomedical research laboratory to help reduce injuries caused by impact.

We know safety inside out.

We designed the sophisticated crash-test dummies used so widely today—including the advanced "Hybrid III." Because people come in different shapes and sizes, we've developed a whole "family" of dummies to help improve safety technology.

So it's no accident that we've invented and patented a self-aligning steering wheel, and that it combines with a GM-designed, energy-absorbing steering column to help reduce the chance of injury to your chest and abdomen.

To increase our understanding of collision dynamics, we do four times more crash tests than are required to meet Government standards. We test at many different speeds. Many different angles. That's why, every day, we learn more and more about how to give you better protection.



Or Here.

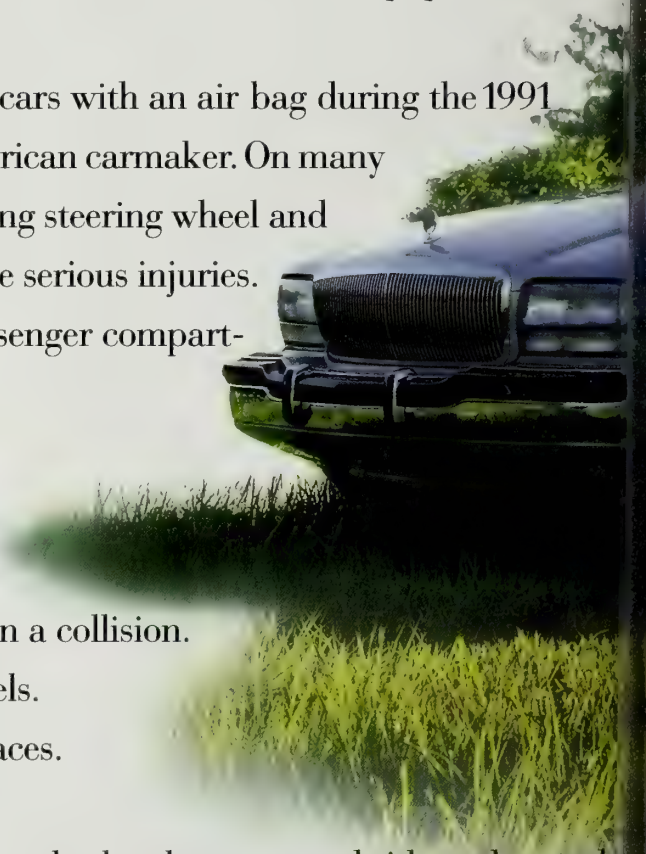


Safety isn't
It's ever

It's the peace of mind you get when you know you've chosen a car that can help you avoid accidents. It's the security of knowing you've chosen a car that can help you survive a collision. It's the most important consideration when your family is in the car.

It's anti-lock brakes—available on more cars and trucks than any other carmaker. (GM is the only major manufacturer with anti-lock brakes as standard equipment on many small '92 models.)

It's a driver's side air bag. We've built more cars with an air bag during the 1991 model year than any Japanese, European or American carmaker. On many cars without air bags, a GM-patented, self-aligning steering wheel and an energy-absorbing steering column help reduce serious injuries.



It's a "safety cage"—a steel-reinforced passenger compartment, incorporating side-guard door beams.

It's 3-point, front and rear seat lap/shoulder safety belts in outboard positions.

It's computer-designed "crush zones" to help cushion and absorb the force of impact in a collision.

It's child-security door locks on select models.

It's padded, energy-absorbing interior surfaces.

It's high-performance halogen headlights.

It's a laminated windshield, bonded to the car body, plus tempered side and rear gla

It's performance-engineered tires, with visible tread-wear indicators.

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It's all of this and more—in all, over 100 different safety features available from GM

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GM

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A safer car is a better car.

From design and engineering through testing and production, we're committed to bringing you safer, higher quality cars. Cars with **Total Safety Systems**™ that help you avoid accidents. That help protect your family when a collision is unavoidable. That even help to improve your driving performance.

Safety first.

Our proving ground in Milford, Michigan, was the first motor vehicle research and testing facility in the world—and is still the most sophisticated.

In 1967, we developed a field accident file to assemble and analyze actual collision statistics. It helps us understand how accidents happen and why, so our engineers can design vehicles and systems that help to compensate for driver error.

The results are in.

A survey of automotive engineers recently ranked General Motors first in the industry in advanced safety engineering—ahead of *all* other automakers, including Mercedes-Benz and Volvo.

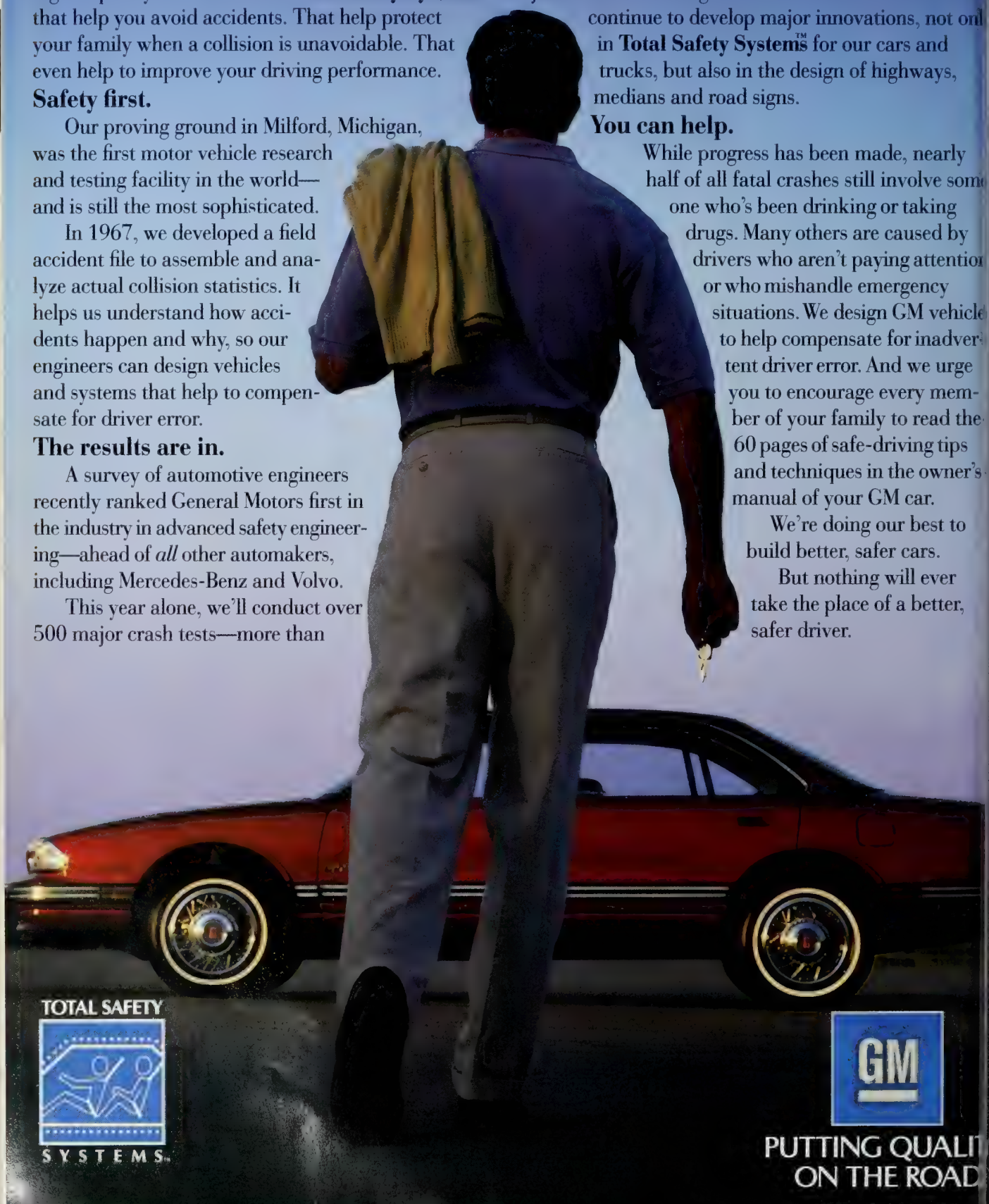
This year alone, we'll conduct over 500 major crash tests—more than any other carmaker. We've distributed safety education videos to every elementary school and junior and senior high school in America. And we'll continue to develop major innovations, not onl in **Total Safety Systems**™ for our cars and trucks, but also in the design of highways, medians and road signs.

You can help.

While progress has been made, nearly half of all fatal crashes still involve som one who's been drinking or taking drugs. Many others are caused by drivers who aren't paying attentio or who mishandle emergency situations. We design GM vehicle to help compensate for inadvertent driver error. And we urge you to encourage every member of your family to read the 60 pages of safe-driving tips and techniques in the owner's manual of your GM car.

We're doing our best to build better, safer cars.

But nothing will ever take the place of a better, safer driver.



TOTAL SAFETY SYSTEMS.

GM

PUTTING QUALI ON THE ROAD


So sweet, so shy . . .
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HOME ALONE
Is your child ready to handle an empty house?

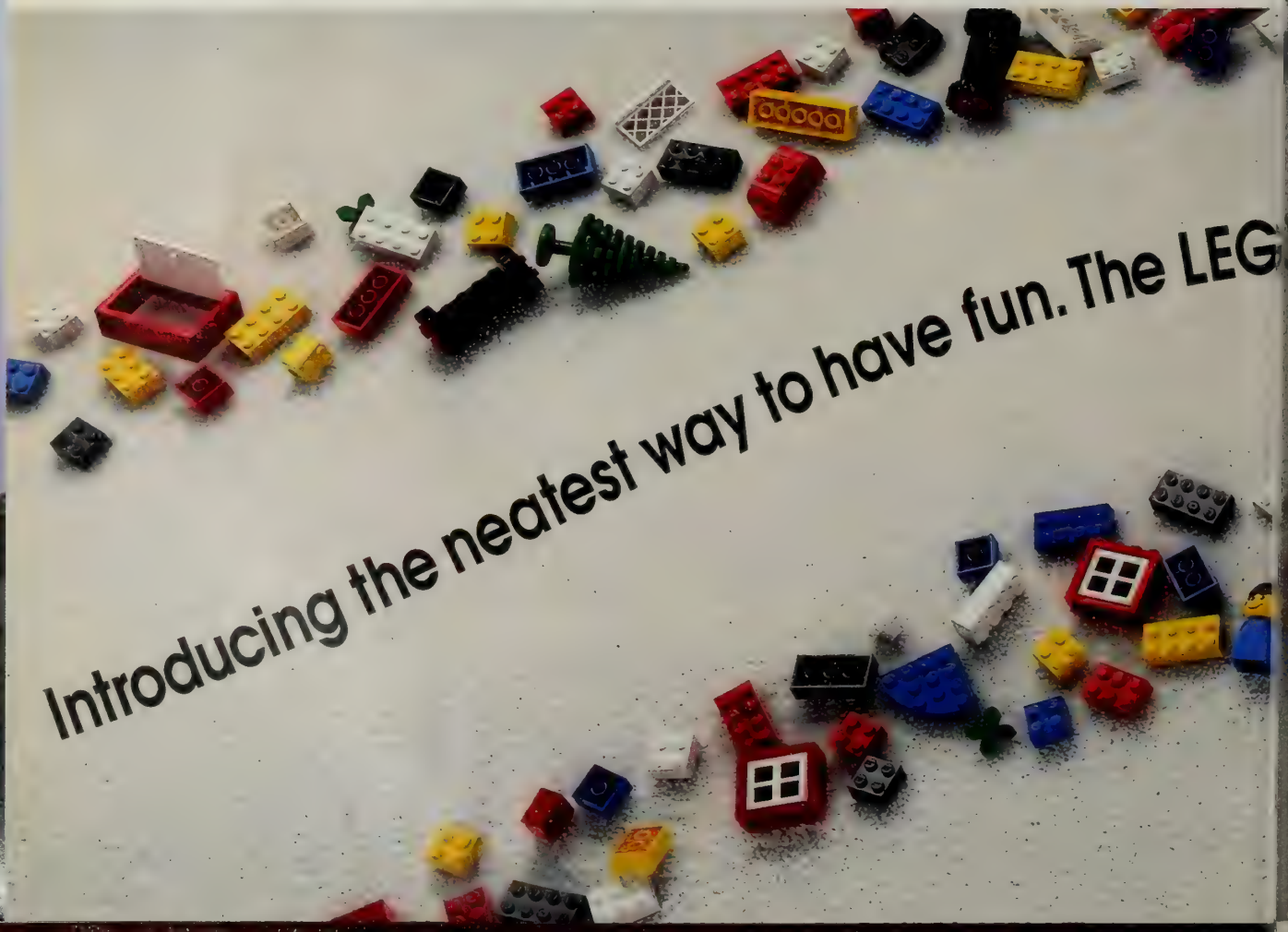
For some folks, the phrase "latchkey child" rings of parental neglect. Yet, unlike in the movies, *most* kids who are left unattended in an empty house do just fine, emotionally and otherwise. Indeed, the experience adds to their maturity. Their only problem is occasional boredom. Still, there are concerns that parents need to address before handing junior the last set of house keys.

When to start. Only mature youngsters can manage the responsibility of the latchkey lifestyle. Usually a 7- or 8-year-old is able to stay home alone for 30 minutes or so while you run an errand. By the time they're 10, most youngsters can (probably) handle being on their own during the day for a few hours, although you shouldn't do it on a daily basis.

Your child needs to demonstrate maturity before you increase the time or include evening hours. For instance, when our son Eric was 11, he earned the right to come home alone after school by taking on chores and getting good grades.

The wrong choice. Some youngsters shouldn't be left alone, regardless of their age. Children with a history of playing with matches, destructiveness, lying, stealing, or disobedience need supervision. So do youngsters likely to throw a spur-of-the-moment party for friends. Potential problems such as these should be resolved before you leave the youngster unsupervised for any significant length of time or on a regular basis.

Leaving older children in charge of younger ones may create problems as well—unless the kids have a good relationship. Even then, the older sibling needs to be mature and confident enough to take care of problems or emergencies. For instance, don't leave your oldest in charge of your youngest



if the young one is hard for even *you* to handle. Likewise, you're asking for trouble expecting a child below age 14 to look after an infant or to regularly supervise an active toddler.

Preparing your child. Both you and your home-alone child will feel more comfortable if you spell out the dos and don'ts of "guarding the fort." Nothing should be left to the imagination. Instead of telling your child not to "go far" from the house, for example, use familiar landmarks to point out exactly where he or she may go. Next, anticipate potential problems and then develop procedures for dealing with each crisis.

You might even create a handbook that you can review every so often with your children, role-playing certain emergency procedures. This will help keep your children "on their toes" and ensure that if and when problems do come up, they'll be able to handle them competently. Remember to post police, fire, and other important numbers beside all phones.

Your child should be able to get in touch with *you* quickly. The quicker, the better, of course. If your job takes you out of the office frequently, or if you can't be reached right away for other reasons, then it's probably not a wise idea to leave your child alone until the age of 14. On the other hand, if you can find a reliable adult to cover for you, especially in the event of an emergency, leaving your youngster unattended is OK.



STEVE BJÖRKMAN

THE MOST IMPORTANT TEST OF ALL IS HOW COMFORTABLE YOU FEEL ABOUT LEAVING YOUR CHILD ALONE.

Avoiding idle hands. Giving your child something constructive to do during after-school hours reduces the odds that trouble will brew; idle hands increase the likelihood of problems. Try assigning your child a routine of after-school chores to be completed before you get home. This promotes responsibility and keeps the child away from the television set.

You might even want to ban after-school TV watching, which distracts kids from paying attention to other, more important things that may be going on around the house. In addition to a routine of chores, encourage your child to work on homework assignments and hobbies.

Trust your feelings. In the end, remember that the most important test of all is how comfortable you feel about leaving your child alone.

—By John Rosemond

rick Vac.

It's new! The kid-powered sweeper that makes bricks disappear.

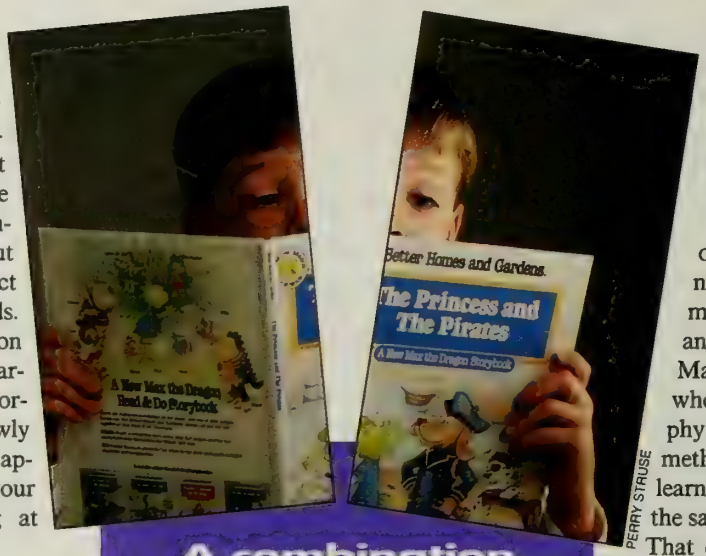
The new Brick Vac comes filled with 131 LEGO pieces for lots of fun. And when the building's one, Brick Vac rolls into action. Its paddle wheel motion scoops up brick after brick and stores them away. After a hard day at play, there's no better way to give kids a little pick-me-up.

LEGO BASIC. Toys that build imagination.™

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TEACHING KIDS TO READ
Is your child getting enough phonics *and* whole language?

Solid reading skills are the lifeblood of your child's education. Yet recent studies show that many children still struggle as readers. Granted, teaching reading is complex, but educators and parents expect more from our school kids. New talk among education experts urges a closer marriage between longtime favorite phonics and a newly revised whole language approach. Here's what your child should be learning at school *and* home.



A combination of whole language and phonics assures that every child has all the tools needed to become a good reader.

TWO WAYS TO LEARN

If your child brings home lots of work sheets with instructions such as "Circle the words with the long vowel sounds," he or she is being schooled in phonics. Phonics teaches children the relationships between letters and sounds. Advocates of phonics say it teaches children how to "decode" words. How? By teaching kids the sounds that letters represent, and how to blend those sounds.

For some kids, this blending process is natural and makes words easy to "decode." Other children have more difficulty mastering the sound/symbol relationships of phonics.

Whole language, on the other hand, is a relatively new approach that's often misunderstood by parents—and understandably so. Many advocates describe whole language as a philosophy of learning, not a teaching method. They argue that kids learn to read and write much in the same way they learn to talk. That creates questions for parents accustomed to such structured exercises as phonics.

When *pure* whole language is the teaching philosophy, kids either listen to their teacher read, read along with him or her, or read alone. Then, mostly on their own, children use the "whole" word system to discover the meaning of the words they encounter.

Proponents of whole language say it succeeds because it's a more natural way to learn, emphasizing comprehension

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TIPS TO HELP YOUR KIDS

READ ALOUD. This is probably the most important thing you can do, especially during preschool years. Reading aloud to kids helps them build the store of knowledge they'll need when reading in school. Also, encourage the identification of letters and words and talk about the story and the meaning of words.

PROVIDE WRITING MATERIALS. Writing teaches kids about letters and words. Keep paper, pencils, or crayons handy and help your kids when they start drawing letters.

MONITOR TV WATCHING. Most children who watch television 20 or more hours per week don't do well in school. However, watching quality programs (that teach about reading and language) for up to 10 hours a week can have a slightly positive effect on school achievement, including reading.

ENCOURAGE SOLO READING. The more kids read outside of school, the better they'll read in school. You can help by having plenty of books in your home and taking your kids to the library regularly.

OFFER DIVERSE ACTIVITIES. Take your kids to zoos, museums, and so on for background knowledge they'll need as they learn to read.

TALK ABOUT EXPERIENCES. Doing so helps children learn new words and to better understand what they're reading.

STAY INVOLVED. Set a good example for your kids by reading magazines, newspapers, and books.

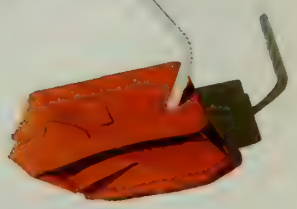
For the free pamphlet, "10 Ways to Help Your Children Become Better Readers," send a business-sized SASE to: The Center for the Study of Reading, Dept. BHG, The University of Illinois, 51 Gerty Drive, Champaign, IL 61820. Available for $5: The book *Beginning to Read.* Make checks payable to University of Illinois.

Source: The Center for the Study of Reading, The University of Illinois, Champaign, Illinois.





INTRODUCING THE AFTER-LUNCH BOX.



Drink boxes are starting to be recycled.

Drink boxes have always served an important role in kids' lunches. They're safe and convenient. They provide great-tasting drinks while protecting important nutrients like vitamin C. And after lunch, they create little waste because they're made with minimal packaging. According to the EPA, minimizing packaging can help fight the solid waste problem.

Now, drink boxes can play another role after lunch. They're starting to be recycled into useful products with pilot collection/recycling programs in over 150 schools in 10 states. It's even possible to turn them into things like tissues and weatherproof lumber. While most communities don't have drink box recycling yet, we're working and you can help to bring it to more areas. For more information and recycling locations, write: Recycling Facts, P.O. Box 65495, Washington, D.C. 20035. **THE DRINK BOX SERVES YOU RIGHT.**

TETRA PAK® combibloc. **THE MAKERS OF THE DRINK BOX**

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PRESENTS

KIDDING AROUND

Smart Fun with Kids

Fall seems to be the busiest part of the year. And that makes it harder than ever just to kick back and have fun with the kids. But it can be done – and you might even sneak in some learning along with it. Here are some simple activities to get you started.

FIND THE HIDDEN WORDS



See how many different words your kids can make from the letters of one word, like "planet." They might be surprised to learn that there are at least 50 other words hidden in "planet." "Lane" and "ape" are two examples.

HOW MANY DO YOU KNOW?

Here's an easy game for two or more kids to play. Give them a category, like "animals." Each has five minutes to make a list of as many kinds of animals as possible. The players then read their lists out loud, and the one with the most wins.

FIVE ROWS OF TWELVE

First draw seven circles: three at the top, three at the bottom and one in the middle. Your kids can then try to place the numbers 1-7 in the circles in a way that all joining rows add up to 12. You'll find the solution on the right.



TEACHING KIDS TO READ

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by using "real" children's literature. Phonics isn't ignored, they say; it's simply taught in context as the need arises. For instance, Billy may need help with the sound of the letter "c" in "cat," but Betty may not.

In the past, tempers have often flared between advocates of one approach over the other. Yet today, most experts agree that a combination of whole language *and* phonics assures that every child has all the tools needed to become a good reader.

But what happens when a school takes a hard line, placing too much emphasis on just one approach? If your child is doing well, relax and follow our tips for raising good readers (see box, *page 40*). If your child has problems, however, you may want to take some action.

WHAT PARENTS CAN DO

You may be worried that your child doesn't receive enough structure (phonics) *and* exposure to literature (whole language). If so, experts recommend that you get more involved in your child's education.

"When you've got a belief or concern, you've got to make it known—whether at a school board meeting, teacher conference, or open house," says Richard Owen, publisher of *Teachers Networking: The Whole Language Newsletter.*

Sylvia Farnham-Diggory, Ph.D., is author of the book *Schooling* (Harvard University Press) and director of the Reading Study Center at the University of Delaware. She suggests sitting in on your child's classroom. "That way, you can see what's going on and draw your own conclusions."

In case that seems awkward, there are other ways to figure out what your child is being taught. For example, William Teale, an associate professor of education at the University of Texas in San Antonio, says parents could check out what their child brings home from school.

"If you see lots of work sheets with letters and matching words, that *may* be one indication of a predominantly phonics approach," he says. Also, you can ask your child, "What story did the teacher read to you today?" he says. "All kindergarten and first-grade teachers should be reading to kids every day." On the chance that they don't, it's *possible* that your child isn't getting enough whole language instruction, he says.

In that situation, Teale suggests trying such everyday things as having your child help write the grocery list or help read a recipe. Of course, reading books to your child is still the best recipe of all, experts maintain.

What if the school emphasizes too much instruction in whole language and not enough in phonics? The only way you'll know for sure is by talking to the teacher. Whatever is happening at school, Teale says you can help your child at home by reading alphabet books together, practicing writing, and playing language games, such as making words rhyme.

But don't get too serious about it, he warns. "When Mom and Dad start acting like teachers, doing skill and drill lessons, kids get turned off."

Another word of caution: If your child's reading grades are sliding, says Fran Lehr, publications director at the Center for the Study of Reading at the University of Illinois in Champaign, Illinois, hold still before you attack the teacher for favoring one approach over another.

"There could be a lot of things causing reading scores to drop," she says. "It could be that the teacher has too many kids in the classroom or, perhaps, he or she is simply following district or school policy."

When that's the case, be careful about getting involved in a political fight, warns Gary Marx, associate executive director of the American Association of School Administrators. "That may create a sense in your child that reading is a battleground and not any fun," he says. Instead, Marx says the important question you should ask is, "How well does my child read?"

The bottom line: Regardless of what's happening in your child's school, experts agree that the best thing you can do is to read to your child. "Make it a positive, pleasurable experience," says publisher Owen. "Read to a third grader, even a sixth grader. We all enjoy being read to."

Having a tough time with pork chops?



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Maybe you need a new recipe.



Why fry?™



Shake 'n Bake.® Naturally seasoned. No MSG.

COULD YOU HAVE A FOOD ALLERGY?

How to tell, and what to do



STEVEN BJÖRKMAN

The most common causes of food allergy are: milk, eggs, nuts from trees (walnuts), crustacea (crabs, shrimp, lobsters), shellfish (clams, oysters, scallops), wheat, fish, and legumes (peanuts and soybeans).

Does milk give you a stomachache? If so, you may count yourself among the millions of Americans who believe they have a food allergy. Surprisingly, though, relatively few of us are truly allergic to certain foods. Most of the time, the problem is what experts call a food intolerance. The difference may sound like little more than wordplay, but for an unlucky few the distinction is a matter of life and death.

Restaurant nightmare. Consider the experience of L. G. Blanchard. Scanning the menu of a fancy restaurant not long ago, the 41-year-old Seattle resident ordered a seafood salad. Previously, he'd had a minor reaction to shellfish, but nothing like what he would soon experience.

Forty-five minutes after eating his salad, he became violently ill, suffering severe diarrhea, vomiting, stomach cramps, lightheadedness, and shortness of breath. "I should have gone to an emergency room, but I was so sick I couldn't even ask for help," he recalls. After he staggered home, his symptoms passed, and he soon recovered.

Mr. Blanchard was lucky to survive. He is one of a small group of people—less than 1 percent of the population—who has a serious, life-threatening allergy to certain foods.

A true food allergy triggers an overreaction by the body's disease-fighting immune system. Symptoms of such overreactions range from mild to severe, and include cramps, nausea, vomiting, and difficulty in breathing.

A more common problem. A food *intolerance,* on the other hand, may produce many of the symptoms of a food allergy, especially an upset stomach, but there are important differences. The most important, perhaps, is that food intolerances aren't life-threatening.

Another difference: People with intolerances often can eat small amounts of the offending foods without experiencing symptoms, notes Robert Dockhorn, M.D., clinical professor of medicine and pediatrics at the University of Missouri–Kansas City. True food allergies often arise after eating microscopic amounts of allergy-causing foods. Thus, says Dr. Dockhorn, people with true allergies must avoid the offending foods altogether.

Symptoms of food allergy. Allergic reactions to food strike throughout the body. The most common sites are the skin (hives, rashes, or the itchy inflammation called eczema), the digestive tract (stomach cramps, vomiting, diarrhea), and the airways (wheezing, breathing problems, runny nose).

Extremely sensitive individuals may lapse into a severe allergic reaction called anaphylactic shock. Marked by a sudden drop in blood pressure, swelling in the mouth and throat, and asthmalike breathing difficulties, it can lead to unconsciousness and even death.

Generally, an allergic reaction occurs within two to three hours of eating, frequently within minutes. The sooner the reaction starts after eating, the more severe it's likely to be.

Certain factors can delay the appearance of symptoms. The presence of other foods or medications (for example, antihistamines) may create a delay or even mask symptoms. On the other hand, stress, viruses, and infections can aggravate symptoms.

Seasonal factors sometimes play a role. For example, some people are allergic to cantaloupes when exposure to pollen triggers their food allergy.

Who gets allergies? Less than 2 percent of adults and between 5 and 7 percent of children are truly allergic to food, says Richard O'Connor, M.D., clinical professor of asthma, allergy, and immunology at the University of California–San Diego.

In many cases, allergic individuals can blame their parents. Children of two allergic parents have a 70-percent chance of being allergic, according to the American College of Allergy & Immunology. If one parent is allergic, the chances are 25–30 percent.

continued on page 46

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Are your unmentionables unbearable?

If your underpants are killing you, maybe you have sensitive skin and your clothes are trying to tell you something.

So we'd like to tell you about Cheerfree.

It's free of dyes.

Free of perfumes.

So your clothes are free of their irritating residues.

Cheerfree is dermatologist-tested, yet it has the cleaning power to take on your tough laundry.

So if your underwear's rubbing you the wrong way, don't change the size.

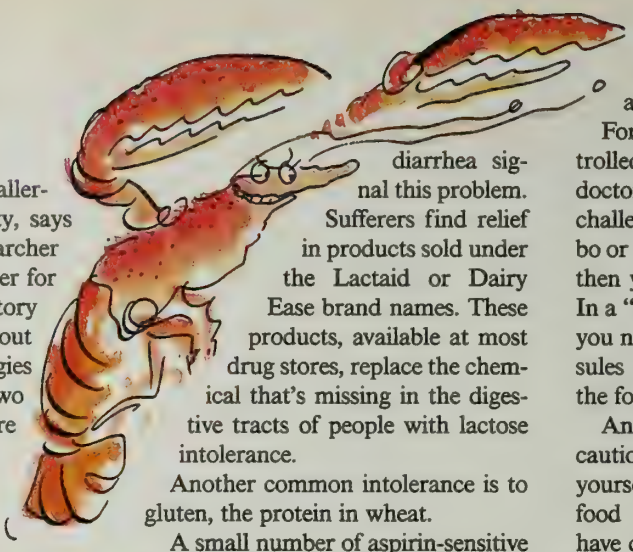
Change your detergent.



The detergent you've been itching for.

FOOD ALLERGIES

continued from page 44



Most infants with food allergies outgrow their sensitivity, says S. Allan Bock, M.D., a researcher at the National Jewish Center for Immunology and Respiratory Medicine in Denver. About one-third of proven allergies disappear within one to two years if offending foods are avoided, he says.

Severe reactions. Some food allergies last a lifetime, says John Anderson, M.D., head of the Division of Allergy at Henry Ford Hospital in Detroit and the immediate past president of the American Academy of Allergy and Immunology. Because even the tiniest amounts of food, in the very sensitive person, can be life-threatening, the food should never be tasted again.



FOOD CULPRITS

Although any food can lead to an allergic reaction, fewer than a dozen offenders cause most problems.

Milk, eggs, and peanuts top the list. Soybeans, nuts that grow on trees, shellfish, fish, corn, and wheat also are common culprits. Cow's milk poses the most problems for infants and children, says Dean Metcalfe, M.D., of the National Institute of Allergy and Infectious Diseases.

In some cases, a person who is allergic to one food cannot tolerate a related food in the same botanical family. An allergy to peanuts, for example, should warn you to be careful with other legumes, such as peas, lentils, and beans. (A peanut is a legume; other nuts belong to a different family.)

Most people do *not* have numerous, multiple food allergies, says Dr. Metcalfe. Eighty percent of people with food allergies have problems with three or fewer foods, he says.

Food folks can't tolerate. Although relatively few foods cause allergies, the list of potential causes for food intolerance is long.

Millions of people suffer from lactose intolerance, an inability to digest milk sugar. Stomach cramps, gas, and diarrhea signal this problem. Sufferers find relief in products sold under the Lactaid or Dairy Ease brand names. These products, available at most drug stores, replace the chemical that's missing in the digestive tracts of people with lactose intolerance.

Another common intolerance is to gluten, the protein in wheat.

A small number of aspirin-sensitive asthmatics cannot tolerate tartrazine, a yellow dye in food and drugs. Sulfites, a preservative used to keep food looking fresh, can trigger asthma attacks in asthmatics. Monosodium glutamate, a flavor enhancer, is linked to "Chinese restaurant syndrome" (anxiety, facial flushing, and pressure in the chest).

Oddly, some foods, such as strawberries, cause hives and other allergy-like symptoms without actually stimulating the immune system.

For reasons that are just beginning to come to light, foods also can trigger migraine headaches, says Lyndon Mansfield, M.D., a food allergy researcher at Texas Tech University.

DIAGNOSING ALLERGIES

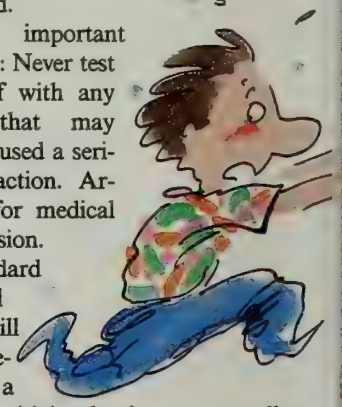
To pinpoint your allergies, an allergist likely will begin by taking a detailed history of your food sensitivity.

When a single food is suspected as the source of complaints, you may be advised to eliminate the food for a time. If your symptoms fade and then return after the food is gradually reintroduced to your diet, then you may have found the culprit.

To counter a person's psychological biases, allergists often employ direct skin tests. Alternatively, a blood test known as the RAST test is available, though it is more costly.

Neither is accurate enough alone to confirm or rule out an allergy, says Dr. Metcalfe. Many people have a positive reaction—a wheal (bump) on their skin—when they are exposed to a food during skin testing, but they don't develop symptoms when they eat that food. Therefore, a positive reaction by itself isn't trustworthy. A negative reaction is more reliable, but not definitive.

For the final word, consider a controlled food "challenge" done at your doctor's office or in a hospital. In a challenge, you are given either a placebo or a food disguised in capsules, and then you are observed for a reaction. In a "double-blind" challenge, neither you nor the doctor knows which capsules contain the placebo and which the food.



An important caution: Never test yourself with any food that may have caused a serious reaction. Arrange for medical supervision.

Standard medical tests will not detect a food sensitivity that is not a true allergy. Tests conducted by "clinical ecologists" and other nonmainstream allergy specialists are considered unproven by most allergy physicians, including the American Academy of Allergy and Immunology.

TREATMENT

Food allergy is best treated by avoiding offending foods. Allergy shots aren't recommended. People who have had severe food allergies, however, are advised to carry a syringe of the antidote drug epinephrine with them for self-administration during an emergency.

Currently, the only cure is to avoid allergy-causing foods. Your physician or a registered dietitian can help you make food substitutions and plan a well-balanced diet.

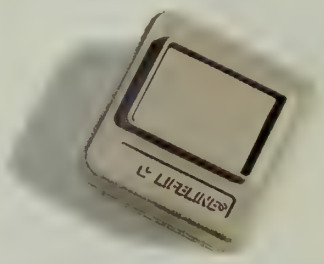
As children grow older, they often are better able to tolerate troublesome foods. Take your child to an allergist for periodic check-ups.

For more information. The American Academy of Allergy and Immunology offers a 24-hour physicians' referral and information line (800/822-ASMA). To consult a physician who is board-certified as an allergist, check the "Directory of Medical Specialists" at the library or call the Board in Philadelphia (215/349-9466).

"Every Fourth of July we go to Mom's house. Trouble is, every fifth of July, we leave."



Spending holidays with Mom can be tough. They can remind you of all the days you can't spend with her. That's why there's Lifeline. A very special service that calls for help when you can't be there. Activated by the press of a button, it puts your mother in touch with well-trained professionals who know everything about her: her age, her address, her medical conditions. Plus the phone numbers of neighbors and relatives who can assist when an ambulance isn't necessary. Lifeline is someone you can trust to watch over your loved one every hour of every day. Someone you can call a friend.



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"Goldilocks and the Three Bears"

Shown smaller than actual
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The classic Goldilocks discovered . . . a Bradford Exchange recommendation



A broken chair. Stolen porridge. Rumpled bedclothes. The flabbergasted Bear family has followed a trail of mayhem upstairs, and discovered their flaxen-haired culprit. The moment of truth is at hand!

"Goldilocks and the Three Bears" is available now – and it looks like a smart buy. Here's why Bradford recommends it:

"Goldilocks and the Three Bears" is an important first issue, the first in the *Classic Fairy Tales* collection from Edwin M. Knowles, an affiliate of the Bradford Exchange.

It's an important work of art, created from an original painting in oils by noted artist Scott Gustafson, and benefiting the Reading Is Fundamental® (RIF) nonprofit organization. Attesting to its importance, each plate will be hand numbered and accompanied by a Certificate of Authenticity.

It has the potential to appreciate in value. The edition of "Goldilocks and the Three Bears" is limited to a maximum of 150 firing days. Once the edition closes, collectors' demand could exceed the supply of plates and force asking prices up dramatically.

The Bradford Exchange – picking winners since 1973. Worldwide, limited-edition plates are the *only* collectibles traded on an organized exchange. And with offices in the United States and nine foreign countries, Bradford is at the very heart of this exciting international market. That means Bradford analysts can often spot trends in the making.

If, for example, you had followed one of our major recommendations in 1979, you would have bought the first issue in the Reco McClelland's Mother Goose collection at just $22.50 – a plate that now trades at $130.00.* More recently, if you had acquired "The Milkmaid and Her Pail," an exceptional fairy tale plate from the Knowles Aesop's Fables collection, you would now own a plate valued at nearly two times its 1989 issue price.

Like any marketplace subject to the laws of supply and demand, the plate market is ever changing. Not all plates go up in value; some go down. But right now, Bradford Exchange analysts rate "Goldilocks and the Three Bears" as one of the year's top prospects. . .and we'll back up your purchase with our unconditional 365-day guarantee.

To acquire "Goldilocks and the Three Bears" at its $29.90 issue price – backed by our 365-day guarantee – simply fill out and mail the order form provided. *Send no money now.* You will be billed when your plate is shipped. But don't delay. The time to get "Goldilocks and the Three Bears" is now – *before* it has a chance to increase in value.

*Reflects last trades on the exchange as reported in the Bradford Exchange Market Report, Volume III-7.

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FTG-605

A BRADFORD EXCHANGE APPROVED RECOMMENDATION®

Please respond by: October 31, 1991

"Goldilocks and the Three Bears"

The Bradford Exchange
9345 Milwaukee Avenue, Chicago, IL 60648

Please enter my order for "Goldilocks and the Three Bears." I understand I need SEND NO MONEY NOW. I will be billed $29.90*, when my plate is shipped. *Limit: one plate per customer.*

Signature

Mr. Mrs. Ms. _____ ( ) _____
(Circle One) Name (Please Print) Telephone

Address

City State Zip

*Plus a total of $3.49 postage and handling, and sales tax where applicable. The plate price in Canada is $37.90. Pending credit approval.

7301-E81291

Your Unconditional 365-day Guarantee:

Within one full year after you receive your plate, you may resell it to us if for any reason you are not completely satisfied. We will issue you a refund check (or credit your account if you paid by credit card) for everything you have paid, including postage.



STEVE BJORKMAN

PUT YOUR NUTRITION I.Q. TO THE TEST

Sometimes we fuel our cars better than we fuel our bodies. We feed our cars, without fail, a diet of high-quality gasoline. Yet, we often expect our bodies to run on calories that provide little nutritional value.

It's no secret that your body works a lot better if you fuel it right. To see if your nutrition knowledge needs a tune-up, test it with our quiz.

1. You need a quick pickup while running errands. Your best energy source is:

A. an English muffin with jam
B. fries and ketchup
C. a bag of peanuts

A. An English muffin provides carbohydrates for quick energy without the slower-digesting fat that French fries and nuts contain. In addition to providing energy-rich calories, complex carbohydrates from breads and cereals contribute fiber, vitamins, and other nutrients to your diet. You should get at least 55 percent of your calories from carbohydrates.

2. To help control your blood cholesterol level, you should select only products labeled "no cholesterol." True or false?

False. The amount of total fat, especially saturated fat, in a product will also affect your blood cholesterol level. A product that's cholesterol-free may still be high in fat, sodium, and sugar.

3. Strive for five daily half-cup servings of:

A. fruits and vegetables
B. chicken and fish
C. oat and rice bran

A. Fruits and vegetables supply essential vitamins, minerals, and fiber without adding fat, calories, and cholesterol to your diet. The possible benefits of five daily servings of fruits and vegetables include improved control of blood cholesterol levels, diabetes, constipation, and intestinal disorders, plus the prevention of some cancers.

4. To get your daily fiber quota, you need to eat more:

A. French bread
B. long-grain rice
C. kidney beans
D. none of the above

C. A half-cup portion of cooked dried beans provides 4 grams or more of fiber. Most of us get less than half of the recommended 20 to 30 grams of fiber daily because we choose more refined foods, such as white bread or white rice, instead of eating whole grains, fruits, vegetables, and legumes.

5. When you're too busy to eat lunch, you can substitute a multivitamin pill. True or false?

False. Vitamin supplements are no substitute for food and can be unhealthful when taken in very large doses.

6. Saturday morning breakfast at the corner café may be your family's ritual, one that makes watching fat a challenge. Your best low-fat pick is:

A. a bran muffin
B. a stack of pancakes
C. granola

B. Most pancakes contain little fat until you add butter, margarine, or a spread. Spreads can be low in saturated fat and free of cholesterol. For even less fat on pancakes, ask for low-fat yogurt, sliced fruit, or reduced-sugar jelly or syrup. Muffins can have too much added fat and sugar. And, granola can contain as much as 50 percent fat.

TEST YOUR LIFESTYLE

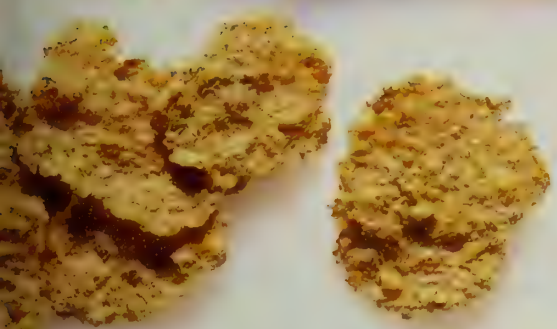
While you're in the mood for quizzes, give your lifestyle a checkup and find out what changes you may need to make. Just send for a detailed, personalized Tufts University School of Nutrition lifestyle analysis. Your results will be mailed to you about six weeks after you return the 20-minute questionnaire. To receive your free Promise® Index Questionnaire, write to: Promise® Get Heart Smart™ Program, P.O. Box 9554, Clinton, IA 52736.

—By Robin Street, a journalism instructor at the University of Mississippi who writes on health topics.

Post®

How to become an expert in choosing a completely natural bran flake.





Make sure you can see the natural high fiber wheat bran in every flake.

Make sure it has the biggest, crispiest, completely natural flakes.

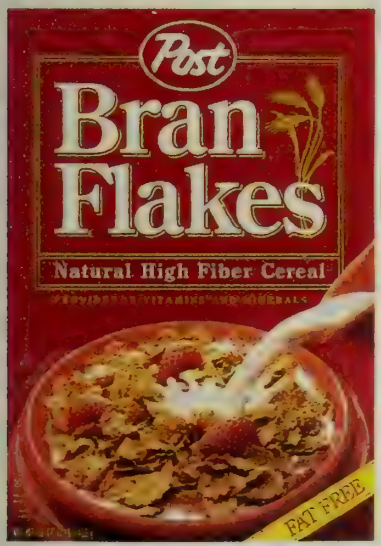
Make sure it has a naturally delicious whole-grain taste.

Make sure it has 13 vitamins and minerals.

Make sure it's naturally fat free, cholesterol free with no preservatives.

Make sure it's POST® Bran Flakes.





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This coupon good only on purchase of product indicated. Any other use constitutes fraud. COUPON NOT TRANSFERABLE LIMIT–ONE COUPON PER PURCHASE. To the Retailer: GFC will reimburse you for the face value of the coupon plus 8¢ if submitted in compliance with GFC Redemption Policy C-1, incorporated herein by reference. Valid only if redeemed by retail distributors of our merchandise or anyone specifically authorized by GFC. Cash value 1 20¢. Mail to: General Foods Corporation, P.O. Box 103, Kankakee, IL 60902. OFFER EXPIRES 12/31/91

GENERAL FOODS CORPORATION

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FITNESS MATTERS

GOOD NEWS ABOUT SHAPING UP



GET FIT, ON THE GO

Wellness centers help refuel tired travelers

Travel needn't be just sitting and squirming for hours on end. If you're lucky, like a growing number of air travelers, you can stay at an airport hotel that features a fitness center.

Bill Howe, of the California Hotel & Motel Association in Sacramento, says lodgings in all locales are responding to requests for workout facilities. In 1989, 21 percent of CH&MA members had fitness centers versus 28 percent that have them today.

Of all CH&MA members, airport lodgings are especially fitness-ready; 38 percent of them had fitness centers in 1989, compared to 48 percent now. Howe says workout facilities in airport lodgings are usually geared toward business people who fly a lot and need a good workout to unwind.

A poll of the 9,000 members of the American Hotel/Motel Association showed that 57 percent of airport lodgings had fitness centers. No other category (urban, highway, and so on) had such a high percentage.

"Today's business traveler likes access to a place where he or she can work out," says Randy Smith of Smith Travel Research in Gallatin, Tennessee, which did AH/MA's study. "Airport hotels are more isolated than downtown hotels and have found it to their advantage to provide workout facilities."

So, if you like to work out before you take off, ask your travel agent about on-the-road fitness facilities.



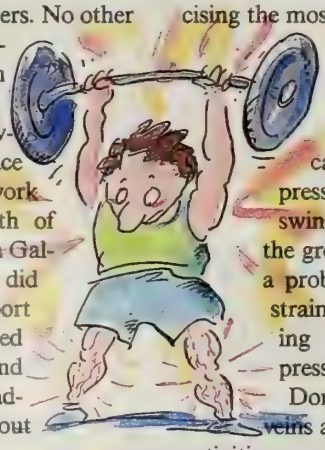
STEVE BJÖRKMAN

VARICOSE VEINS

Unraveling common misconceptions

They may be slightly unsightly, but varicose veins—the swollen and twisted veins often found on the legs—are *not* usually caused by exercise, says Harvard Medical School's Magruder Donaldson, M.D.

People worry about exercise causing varicose veins, says Donaldson, because varicosities will coincidentally develop at a time when folks are exercising the most—in their 20s or 30s.



Certain types of upright activities, such as jogging, may aggravate the condition because of increased pressure on valves when legs swing forward and pound the ground. Walking is less of a problem, but standing and straining, such as when lifting weights, increases the pressure on valves.

Donaldson says varicose veins are less affected by such activities as cycling, rowing, and especially swimming. In swimming, legs are level with the rest of the body, thus reducing pressure on valves.

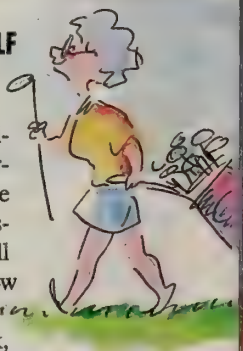
It's vague what causes varicose veins, which result from failure of one-way valves in the veins to prevent blood from backing up and eventually forcing vein walls to bulge. Varicose veins run in families and may be enhanced during pregnancy, when blood volume increases about 20 percent and vein walls stretch. Another possible cause: receiving a blow to the vein.

Outpatient surgery to treat varicose veins is an option, but wearing support garments such as leotards, panty hose, and stockings is often enough to lessen or prevent discomfort, even while jogging.

Make sure, says Donaldson, that stockings offer more support low than high; pinching at the top of the stocking can block blood flow and may aggravate your varicose veins.

HOOKED ON GOLF

Bag the cart for better health



For 25 million Americans, half over age 40, golf is great, especially in the fall when it's cool. Now a study by Edward Palank, M.D. suggests that golfers who walk instead of riding carts have another reason to cheer: walking slices weight and cholesterol levels.

Palank, director of the New Hampshire Heart Institute in Manchester, enlisted 28 previously inactive men (average age 62) to play 18 holes of golf three times a week. The men carried their own clubs, or used pull carts, and walked 14 miles each week on the courses.

There were no diet restrictions and, yet, after four months the average weight loss was approximately 3

continued on page 58

Good news for the 1 in 4 adults who can't digest dairy food.

Now you can.

DAIRY EASE®
ets you enjoy dairy food without distress.

Do you experience gas, bloating or diarrhea after eating the dairy food you loved as a child? This common problem is called Lactose Intolerance, and its cause is simple.



Typically as we enter our teens, our bodies produce less lactase, the enzyme that aids in the digestion of the milk sugar called lactose. This results in the distress we feel when we eat dairy food.

Antacids and other non-prescription products are the wrong solution.

Dairy Ease—The Right Solution.

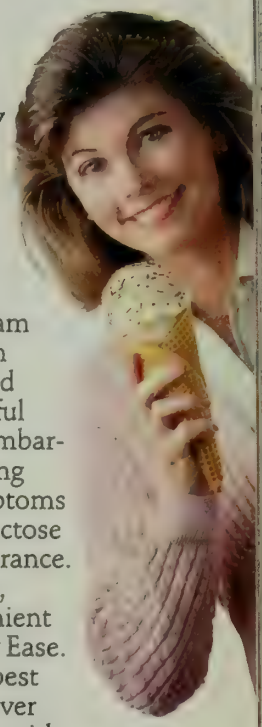
Dairy Ease is a pleasant-tasting, chewable tablet that contains lactase, a natural nutritional supplement.

Taken when you eat dairy food, Dairy Ease aids in the digestion of milk sugar. It's safe and non-habit-forming. So now you can eat all the dairy food you want, when you want it.

Pour On The Milk—Again.

With Dairy Ease you can enjoy the dairy food you've either had to pass up or pay the price for. Now you can have milk, cheese, ice cream and cereal with milk again. And avoid the painful and embarrassing symptoms of Lactose Intolerance. Natural, convenient Dairy Ease. The best news ever for people with Lactose Intolerance.







DAIRY EASE

Enjoy Dairy Food As Naturally As Everyone Else.™

Look for Dairy Ease in the digestive aid section.
For more information and a free sample* call

1-800-233-7500, ext. 201

*Limit one per household.

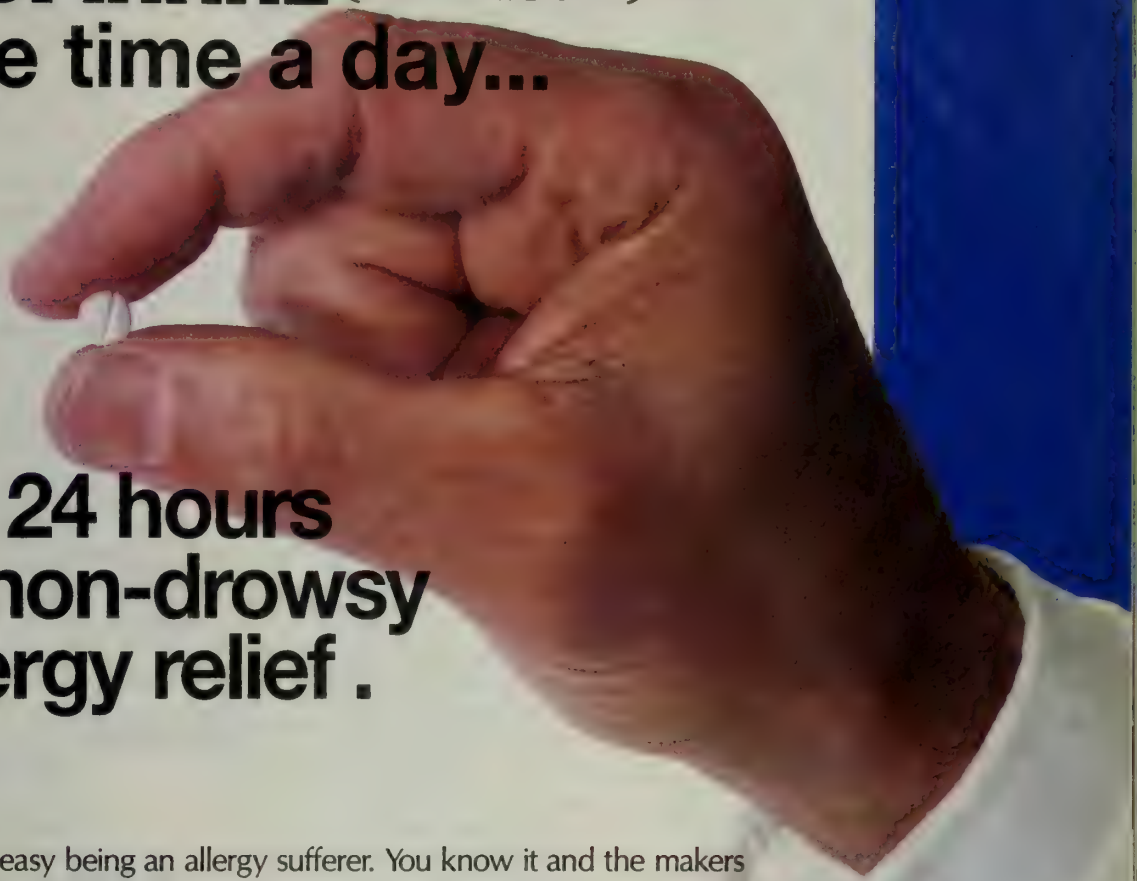
GOOD NEWS FOR ALLERGY SUFFERERS:

The first once-a-day non-drowsy allergy medicine.



ASK YOUR DOCTOR ABOUT HISMANAL®

One little HISMANAL® (ASTEMIZOLE) 10 mg Tablets one time a day...



for 24 hours of non-drowsy allergy relief .

It's not easy being an allergy sufferer. You know it and the makers of HISMANAL® know it.

Now you can get 24-hour non-drowsy* relief by taking one little tablet one time a day. Just ask your doctor about HISMANAL®.

HISMANAL® is an advanced prescription medicine for allergy sufferers. Advanced because it's the first and only allergy medicine to give 24-hour relief from your runny nose, itchy eyes and sneezing. Yet HISMANAL® won't leave you feeling drowsy or jittery like some allergy medicines. With HISMANAL®, your allergy symptoms are relieved and you feel like your normal self.

And HISMANAL® hasn't been shown to lose its effectiveness over time. You keep enjoying the same advanced 24-hour relief every time you take it.

So talk to your doctor about HISMANAL®. Ask questions. Find out if 24-hour non-drowsy relief could make a difference in your life.

It could, you know.

*The reported incidence of drowsiness with HISMANAL® (7.1%) in clinical studies involving more than 1,600 patients did not differ significantly from that reported in patients receiving placebo (6.4%).

Please see brief summary of prescribing information on next page. *©Janssen Pharmaceutica Inc, 1991*

THE FIRST 24 HOUR ALLERGY RELIEVER.

Once-a-day

HISMANAL®

(ASTEMIZOLE) 10mg Tablets

Before prescribing, please consult complete prescribing information of which the following is a brief summary

DESCRIPTION: HISMANAL® (astemizole) is a histamine H_1-receptor antagonist available in scored white tablets for oral use

CONTRAINDICATIONS: HISMANAL is contraindicated in patients with known hypersensitivity to astemizole or any of the inactive ingredients

PRECAUTIONS: General: Caution should be given to potential anticholinergic (drying) effects in patients with lower airway diseases, including asthma Caution should be used in patients with cirrhosis or other liver diseases (See Clinical Pharmacology section) HISMANAL does not appear to be dialyzable Caution should also be used when treating patients with renal impairment

Information for Patients: Patients taking HISMANAL should receive the following information and instructions. Antihistamines are prescribed to reduce allergic symptoms Patients should be questioned about pregnancy or lactation before starting HISMANAL therapy, since the drug should be used in pregnancy or lactation only if the potential benefit justifies the potential risk to fetus or baby (see Pregnancy subsection) Patients should be instructed 1) to take HISMANAL only as needed 2) not to exceed the prescribed dose, and 3) to take HISMANAL on an empty stomach, e g at least 2 hours after a meal No additional food should be taken for at least 1 hour post-dosing Patients should also be instructed to store this medication in a tightly closed container in a cool dry place away from heat or direct sunlight and away from children

Carcinogenesis, Mutagenesis, Impairment of Fertility: Carcinogenic potential has not been revealed in rats given 260x the recommended human dose of astemizole for 24 months or in mice given 400x the recommended human dose for 18 months Micronucleus, dominant lethal, sister chromatid exchange and Ames tests of astemizole have not revealed mutagenic activity Impairment of fertility was not observed in male or female rats given 200x the recommended human dose

Pregnancy: Pregnancy Category C: Teratogenic effects were not observed in rats administered 200x the recommended human dose or in rabbits given 200x the recommended human dose Maternal toxicity was seen in rabbits administered 200x the recommended human dose Embryocidal effects accompanied by maternal toxicity were observed at 100x the recommended human dose in rats Embryotoxicity or maternal toxicity was not observed in rats or rabbits administered 50x the recommended human dose There are no adequate and well controlled studies in pregnant women HISMANAL should be used during pregnancy only if the potential benefit justifies the potential risk to the fetus Metabolites may remain in the body for as long as 4 months after the end of dosing, calculated on the basis of 6 times the terminal half-life (See Clinical Pharmacology section)

Nursing Mothers: It is not known whether this drug is excreted in human milk Because certain drugs are known to be excreted in human milk caution should be exercised when HISMANAL is administered to a nursing woman HISMANAL is excreted in the milk of dogs

Pediatric Use: Safety and efficacy in children under 12 years of age has not been demonstrated

ADVERSE REACTIONS: The reported incidences of adverse reactions listed in the following table are derived from controlled clinical studies in adults In these studies the usual maintenance dose of HISMANAL® (astemizole) was 10 mg once daily

ADVERSE EVENT	Percent of Patients Reporting		
	Controlled Studies*		
	Hismanal (N=1630)	Placebo (N=1109)	Classical** (N=304)
Central Nervous System			
Drowsiness	7 1	6 4	22 0
Headache	6 7	9 2	3 3
Fatigue	4 2	1 6	11 8
Appetite increase	3 9	1 4	0 0
Weight increase	3 6	0 7	1 0
Nervousness	2 1	1 2	0 3
Dizzy	2 0	1 8	1 0
Gastrointestinal System			
Nausea	2 5	2 9	1 3
Diarrhea	1 8	2 0	0 7
Abdominal pain	1 4	1 2	0 7
Eye, Ear, Nose and Throat			
Mouth dry	5 2	3 8	7 9
Pharyngitis	1 7	2 3	0 3
Conjunctivitis	1 2	1 2	0 7
Other			
Arthralgia	1 2	1 6	0 0

*Duration of treatment in Controlled Studies ranged from 7 to 182 Days
**Classical Drugs: Clemastine (N=137); Chlorpheniramine (N=100) Pheniramine Maleate (N=47) d-Chlorpheniramine (N=20)

Adverse reaction information has been obtained from more than 7500 patients in all clinical trials Weight gain has been reported in 3 6% of astemizole treated patients involved in controlled studies with an average treatment duration of 53 days In 46 of the 59 patients for whom actual weight gain data was available the average weight gain was 3 2 kg Less frequently occurring adverse experiences reported in clinical trials or spontaneously from marketing experience with HISMANAL include angioedema, bronchospasm depression edema epistaxis, myalgia palpitation photosensitivity pruritus and rash Marketing experiences include isolated cases of convulsions A causal relationship with HISMANAL has not been established

OVERDOSAGE: In the event of overdosage supportive measures including gastric lavage and emesis should be employed Cases of overdose have been reported from foreign marketing experience Although overdoses of up to 500 mg have been reported with no ill effects cases of serious ventricular arrhythmias including Torsades de pointes following overdoses of greater than 200 mg have been reported Patients should be carefully observed and ECG monitoring is recommended in cases of suspected overdose An appropriate antiarrhythmic treatment may be needed HISMANAL does not appear to be dialyzable Care should be taken not to exceed dosing recommended in the DOSAGE AND ADMINISTRATION section Oral LD_{50} values for HISMANAL were 2052 mg/kg in mice and 3154 mg/kg in rats In neonatal rats, the oral LD_{50} was 905 mg/kg in males and 1235 mg/kg in females

NDC 50458-510-01 (10 × 10 blister) NDC 50458-510-10 (100 tablets)
Store tablets at room temperature (59°-86° F) (15° -30° C) Protect from moisture

JANSSEN PHARMACEUTICA

December 1988
U.S. Patent 4,219,559
1P41N98A-M

40 Kingsbridge Road Piscataway, NJ 08855-3998

FITNESS MATTERS

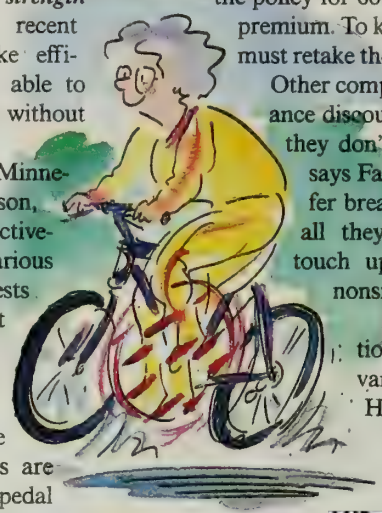
continued from page 54

pounds (each 18-hole round burned about 470 calories). Also, total cholesterol levels dropped 17 points (mg/dl). The LDL ("bad") cholesterol levels fell and the ratio of HDL ("good") cholesterol to total cholesterol improved. This ratio is an important marker of cardiac health.

PEDAL PUSHERS

Spin your wheels faster and save your strength

Thanks to a recent study on bike efficiency, you may be able to pedal longer this fall without pooping out.



The University of Minnesota's Robert Patterson, Ph.D., tested the effectiveness of riding at various pedaling rates. His tests turned up the most economical pace for bikers in terms of calories burned and oxygen used. He found optimum rates are between 90 and 100 pedal revolutions per minute, the same speed, as it turns out, at which competitive cyclists usually ride.

The adjustment to higher rpm is worth it because you burn 10 to 15 percent more calories than at slower rates. You also postpone fatigue—and reduce the risk of knee injury—because you exert less force per pedal stroke at higher rpm.

If you're a beginner, give yourself time to adjust to 90 rpm (50 to 60 rpm is normal), Patterson says. To determine your revolutions, count them for 15 seconds, then multiply by four. Whatever you do, play it safe, and slow your pedaling around corners.

FITNESS PAYS OFF

Exercising may lower life insurance rates

"People who take care of themselves should be rewarded," says Leon Faso, of Fitness Advantage, a life insurance program designed for conscientious folks who want to exercise their bodies, not their billfolds.

Faso says that a premium on a typical $100,000 term policy for a 35-year-old nonsmoking male normally costs $150 to $200 a year. The same coverage with Fitness Advantage costs only $103 to $129 yearly.

Here's how the plan shapes up: If you haven't smoked for two years and exercise at least twice a week, you may qualify for an in-home exam. You'll be given a urinalysis and a check of aerobic fitness, cholesterol, blood pressure, and body fat.

The exam results are mailed to you at no cost. Qualifiers can opt to peruse the policy for 60 days before paying a premium. To keep the discount, you must retake the test every five years.

Other companies offer life insurance discounts to exercisers, but they don't require exams. Or, says Faso, "they say they offer breaks for fitness" when all they do, in essence, is touch up and rename their nonsmoking policy.

For more information about Fitness Advantage, call National Home Life Assurance at 800/628-0419.

LOUD MUSIC AND EXERCISE

Have a fun workout, but not a blast

Now hear this from concerned ear doctors: When you tune up your body, remember to tone down the volume.

Too often, when you take an aerobics class, your ears take a 90-decibel beating from the thump-thump music (60 decibels is considered comfortable, and 70 loud). The same abuse occurs as you jog, and listen to head-pounding music through small earphones.

"When music is that loud, you run a risk of affecting your hearing sooner or later," warns George W. Hicks, M.D., of the Ear Institute of Indiana in Indianapolis.

Hicks says music is too loud if, in aerobics for example, you have to raise your voice to talk to the person next to you. Also, music is too loud if a person running beside you can hear what is coming out of your earphones.

—By free-lance writer Gary Legwold, a frequent contributor to these pages who does his exercising in Minneapolis.

Interplak cleans circles around your ordinary toothbrush.



The INTERPLAK® Home Plaque emoval Instrument is one of the ost important advances in home ental care since the invention of ie toothbrush.

It doesn't look like an ordi- ary toothbrush. And it doesn't ork like one.

After using the INTERPLAK strument just once, you'll be ble to feel the difference imme- iately. Your mouth will seem esher. Cleaner.

It cleans teeth nearly plaque-free.

Clinical studies show that man- al brushing removes only some of the laque that builds up daily on your teeth.

But those same studies show that ie INTERPLAK instrument cleans teeth early plaque-free and reduces gingivitis improve the health of your gums. And ie more plaque you remove, the more ou reduce the risk of early gum disease nd tooth decay.

Nothing fights plaque better.

Unlike manual and electric tooth- rushes that only clean back and forth,



terplak tufts clean plaque from between teeth and under the gums.

or up and down, our ten tufts of bristles rotate 4200 times a minute. And they reverse ieir direction 46 times a second to terally scour off plaque and stimulate our gums. When the tufts reverse irection, the bristles extend fully clean deep between teeth and under your gumline. And because the bristles are four times softer than the softest toothbrush, they're no more abrasive than manual brushing with toothpaste.

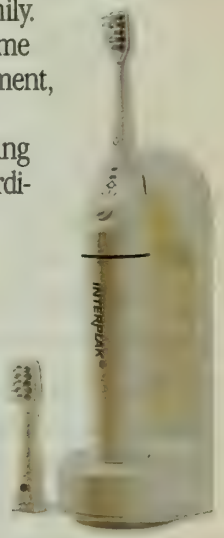
Ask your dentist about the benefits.

Dental professionals across the country have enthusiastically endorsed the INTERPLAK instrument and they've recommended it to their patients. It's even accepted by the American Dental Association.

It's easy to use, cordless, and it recharges itself every time you place it in its stand. Plus you can buy color-coded, interchangeable brush heads for the whole family.

The INTERPLAK Home Plaque Removal Instrument, from Bausch & Lomb.

A new way of brushing your teeth, with extraordinary results.

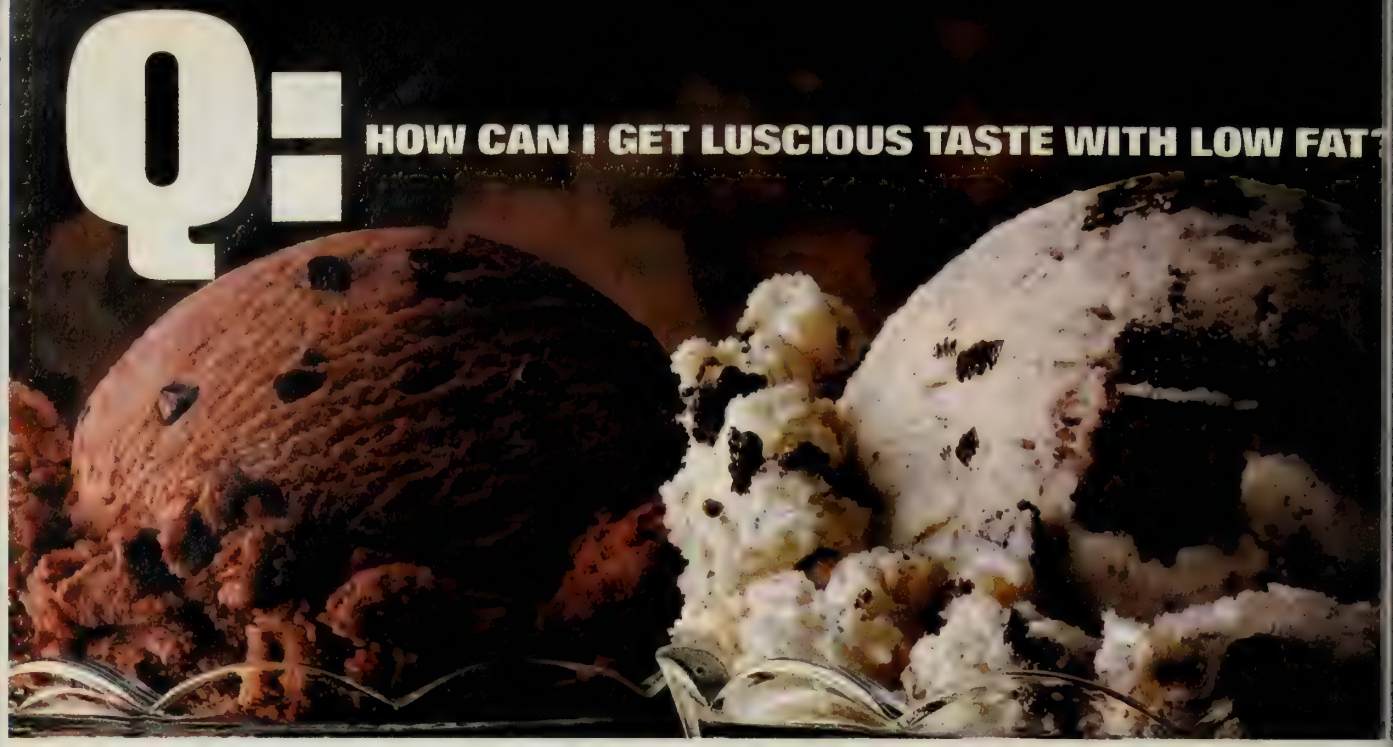


INTERPLAK®
HOME PLAQUE REMOVAL INSTRUMENT

The INTERPLAK Home Plaque Removal Instrument is acceptable as an effective cleaning instrument, which significantly reduces both dental plaque and gingivitis when used as part of a program of good oral hygiene and regular professional care.

ADA ACCEPTABLE American Dental Association

INTERPLAK® is the registered trademark of the Bausch & Lomb Oral Care Division.
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A:

All Natural Simplesse® Fat Substitute

LOOK FOR THE LOGO

The answer is Simplesse.® The all natural ingredient that replaces fat and keeps the taste you want.

Don't settle for low-fat foods that use only gums and gels to replace fat. Look for low-fat foods made with Simplesse. Simplesse is completely natural—made from egg whites and skim milk so you don't have to worry about all the fat, cholesterol and calories.

You can taste the difference Simplesse makes in brands like Baskin-Robbins® FatFree™, Simple Pleasures® and Simple Pleasures® Light frozen dairy desserts, Fat Freedom™ Eskimo Pie® Sandwiches and Eli's E'Lights® cheesecake. Soon Simplesse will be in many other foods you love.

Look for the Simplesse logo and find th rich, full taste you want without all the fat











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Some products not available in all areas.

FLU NEWS
Protecting yourself from this year's stronger virus



STEVE BJÖRKMAN

Watch out: Experts warn that the 1991–92 flu season could be worse than last year's. Blame a more virulent strain of the virus if you like, but blame yourself if you fall victim. That's because protecting yourself from the flu is as easy as a shot in the arm. Protection is particularly critical if you fall into one of the high-risk groups.

Here's information and advice on beating the bug from W. Paul Glezen, M.D., chief epidemiologist of the Influenza Research Center at Baylor College of Medicine in Houston.

One from column A. Influenza (the proper name for flu) comes in a spectrum of varieties, each caused by a different, though related, virus. Some strains are meek and mild; you might hardly notice their passing. Other strains pack a wallop, leaving you down and out for two weeks.

Generally, type A flu viruses and type B flu viruses appear in alternate flu seasons, which run roughly November through February. According to Dr. Glezen, last season's predominant virus was a B type. This year the A type viruses ought to gain the upper hand.

Specifically, you'll be hearing about A/Beijing and A/Taiwan strains. And therein lies the bad news: In most cases, outbreaks of A-type flu are more severe than those associated with B-type strains.

Make it go away! Amantadine, a prescription drug, will shorten the duration of type-A flu (but not type B) if given early. If you want to talk to your doctor about it, Dr. Glezen suggests doing so within 48 hours of the start of symptoms.

For the majority of flu sufferers, however, the best treatment is rest, fluids, and over-the-counter pain relievers. If you have muscle pain, try aspirin, acetaminophen (Datril, Tylenol, and other brands, plus generic forms), or ibuprofen (Motrin, Advil, and other brands, plus generics). For fever, taken aspirin or acetaminophen; ibuprofen won't lower a fever.

Important note: Use acetaminophen for anyone under age 21. Aspirin use by kids has been linked to Reye's syndrome, a potentially life-threatening complication of viral diseases, including flu and chickenpox. Convulsions and vomiting, often occurring just when the child starts to feel better, signal the condition. Children with these symptoms should be rushed to an emergency room.

Beating flu to the punch. The best way to protect yourself from the flu is to get vaccinated. Flu shots are formulated anew each season to battle the viruses most likely to dominate that year. Although not foolproof, the vaccine offers protection most of the time.

Dr. Glezen recommends getting the shot early in the season. October isn't too early, he says. Get the shot no later than Thanksgiving. Protection sets in after two weeks.

The flu vaccine offers protection to anyone who wants it. However, for most healthy adults, the flu isn't a danger, so many doctors are reluctant to promote the shot. Certain groups of people should plan on getting protection as a matter of course. That's because these folks are most at risk for the complications that sometimes accompany flu—most notably pneumonia. Dr. Glezen strongly urges you to see your doctor for immunization if you:

- Are aged 65 or older
- Have heart or lung disease, including asthma and chronic bronchitis
- Suffer from diabetes, chronic kidney disease, or chronic anemia
- Are a health-care worker likely to come into contact with high-risk individuals.

COLD, FLU, OR ALLERGY?

Because they share some symptoms, colds, allergies, and flu are often confused. Here's how to tell them apart.

Colds: Major symptoms include a runny nose with thick yellow or green mucus, sneezing, sore throat, and a moist cough.

Allergies: Sneezing, a runny nose with clear mucus, and watery eyes are the most common symptoms.

Flu: Fever and muscle aches are the hallmarks. Also expect sneezing, general weakness, and a dry, hacking cough.

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HOME HEATING SYSTEM CHECKLIST

Ready for winter? It's time to check your home's heating system and tackle the do-it-yourself maintenance that will keep your family warm and cozy. The Better Heating-Cooling Council offers these tips:

1 **Install a new furnace filter** so that clean, warm air can circulate freely. A throwaway filter catches up to 10 percent of the dirt particles in the air and needs to be replaced every three months during the heating season. A semipermanent media (treated paper or plastic fiber) filter collects 35 percent of the particles and should be replaced or cleaned about every two months. Permanent electronic filters trap 90 percent of the dust and require little maintenance.

2 **Inspect the ducts** while the filter is off, and sweep out any dirt or dust that you find.

3 **Vacuum the summer's dust** and dirt from grilles and registers.

4 **Clean the furnace humidifier,** and check its operation. A properly working humidifier puts moisture in the warm air that makes you feel warmer and keeps furniture from drying out.

5 **Check all the duct and flue** connections that you can see to make sure they're not leaking. To keep heated air from cooling off on its trip from the furnace, wrap the hot air ducts with special insulating "blankets."

6 **Turn on the furnace burner** and furnace fan to see if they run smoothly and quietly.

7 **Look through the furnace access** door, and check the chimney for soot accumulation. If you see a thick buildup on the chimney walls, call a chimney sweep.

8 **Tightly close the furnace access** door after your inspection.

If you uncover any problems or you suspect your furnace is malfunctioning, call a heating contractor for a professional inspection.

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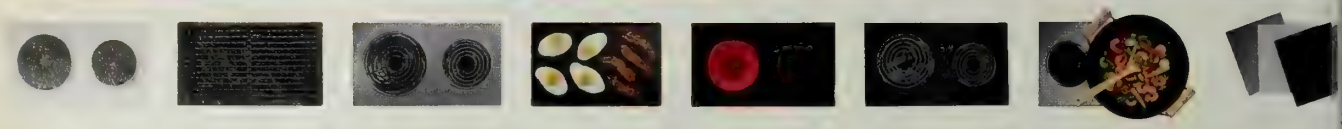
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SPECIAL SECTION

KITCHEN & BATHS



LIFT-YOUR-SPIRITS BATH
Soak away cares under a soaring ceiling

ISLAND IN THE SUN
A light, bright, family kitchen

DESIGNED WITH TILE
A southwestern look for your kitchen or bath

LIFT-YOUR-SPIRITS BATH

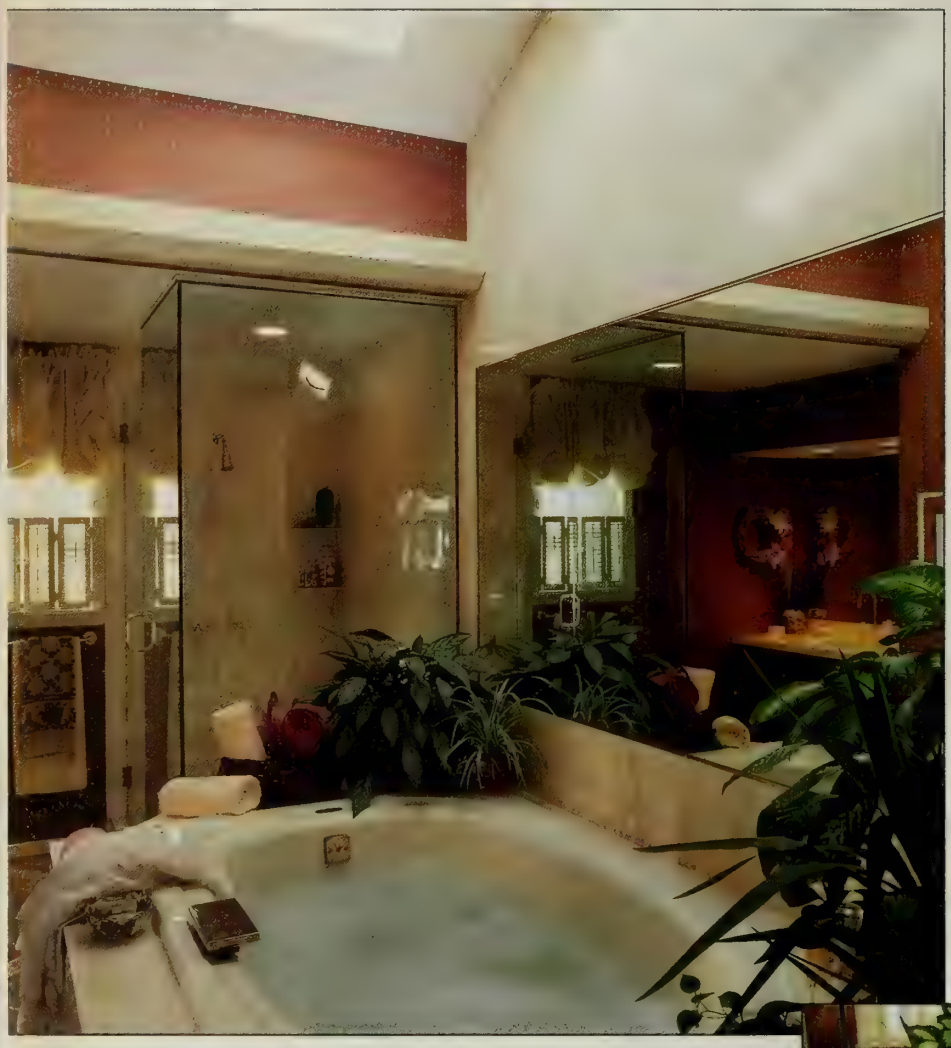
Soak away cares under a soaring ceiling

Houseplants and harried homeowners can enjoy this soothing spa all winter long, thanks to a pair of big skylights in the cathedral ceiling and wall-width mirrors that bounce light and images around.

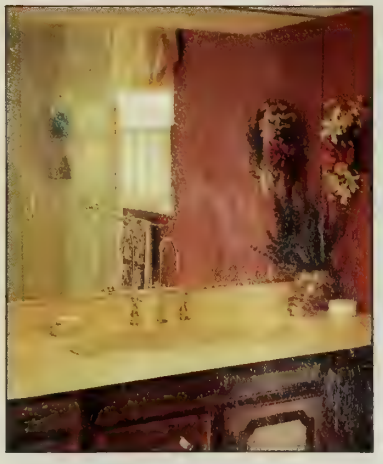
The owners found space for their new 11×14-foot master bath by bumping up the roof over a main-level garage. Then they converted the old 4x8-foot three-quarter bath into a sky-lighted bathing spa.

Front-and-center, beneath the bathroom's skylights, a luxurious whirlpool tub invites bathers to lean back and gaze up at the stars. Marble tile around the tub and up the wall behind it lend sculptural interest.

The same tiles surface two walls of a see-through shower at one end of the tub. The shower's other two walls consist of floor-to-ceiling panels of shatterproof plate glass. In a niche opposite the shower, an extra-wide vanity lavatory provides abundant storage and countertop space.



A cathedral ceiling rises to the ridge beam. Dropped soffits feature cove lighting above, recessed lights below. A maroon wall covering and balloon shades balance the hard look of the marble.



The roomy shower is all but invisible, thanks to thick panes of clear glass. Brass fittings add a sparkle of traditional style.



The same marble tile that surrounds the tub also serves as surfacing on the roomy vanity.

PHOTOGRAPHS: JON JENSEN. DESIGN: STEVE BARBIERI AND NEIL BLETCH



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ISLAND IN THE SUN

A light, bright, family kitchen



Removing walls between the family room, kitchen, and an entry foyer in the background created a sweeping space that works just as well for elegant entertaining as it does for family meals. Flooring here matches hardwood used throughout the house.

Previous remodelings at Kaye and O'Neall Speer's ranch home had completely surrounded the original kitchen, leaving the area without windows or views. Architect Zak Syvaniemi solved the problem with a 1-2 punch: 1. Combined the family room, kitchen, and adjacent entry foyer into one open, flowing space; 2. Topped off the new family kitchen with a 7×8-foot light well that brightens the heart of the house even on the cloudiest days.

Under the light well, a two-level island provides work space and storage at one end, a semicircular dining table at the other. Over the island hangs a rustic antique pot rack that O'Neall gave to Kaye about 10 years ago.

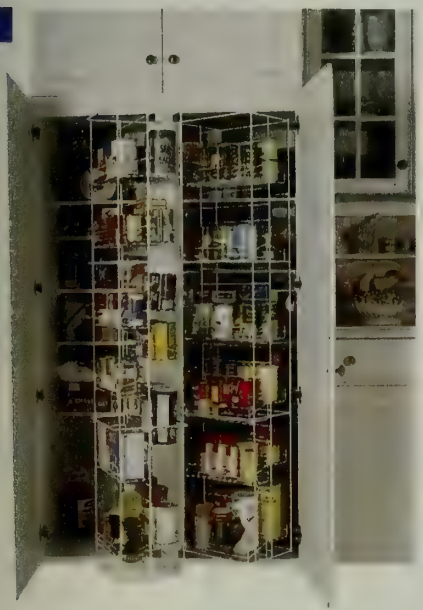
continued on page Z8



Animal shapes from the pot rack reappear as feature tiles on the kitchen's white backsplashes. Most are black, with a few red pigs here and there.

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Left: Glass-fronted cabinets that separate the kitchen from the entry foyer display prized collectibles. Kaye's black-and-red animal motif added to the basic white-on-white color scheme and brought a hint of country to this contemporary kitchen.

Below: An entire wall was given over to floor-to-ceiling storage. The space includes a pair of wall ovens, the refrigerator, and a microwave oven (tucked away in the cabinet between the refrigerator and conventional ovens), pantries at each end of the wall, and flip-open bins up top.



After the remodeling was completed, Kaye brightened this end wall with a red-against-white grid-pattern wallpaper and a reproduction settee.



Photographs: Rick Taylor
Architect: Zak Syvaniemi, AIA
Regional editor: Ruth Reiter



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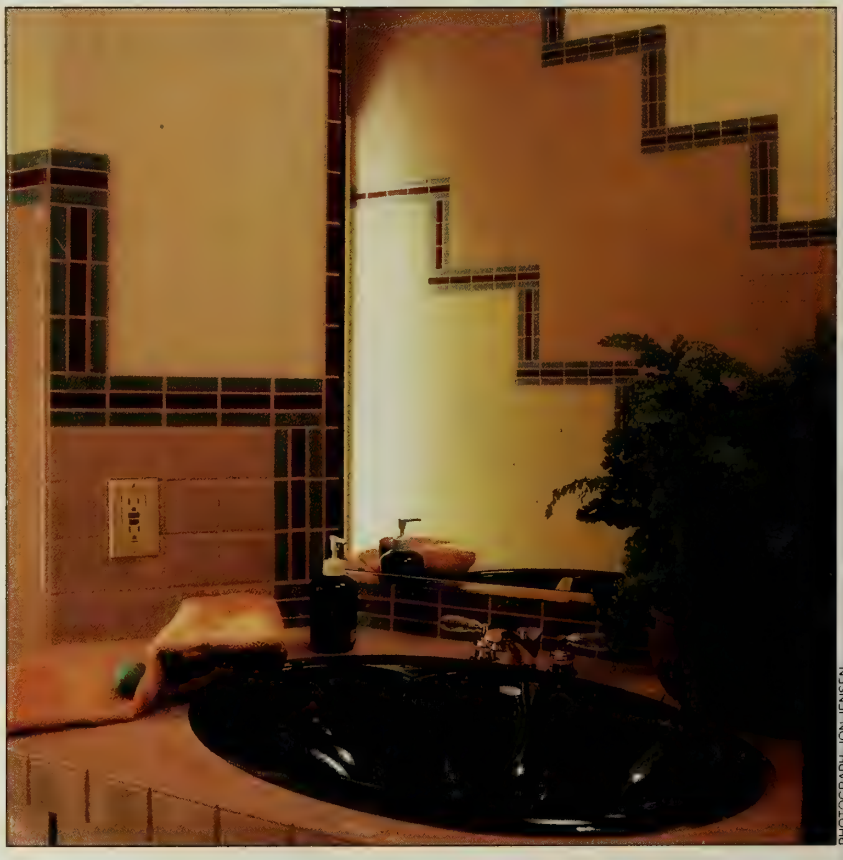
ror extends, at countertop height, from the sink to the end of the room by the toilet. By reflecting an image of the opposite wall, the mirror creates the illusion that the room is almost double its actual size.

Then, to give the mirror an interesting pattern to reflect, the opposite wall was tiled in vivid southwestern colors. The tiles, from American Olean's Tahoe line, were set in a stair-stepping pattern that breaks up the boring boxiness of the otherwise blank wall.

To complete the motif, the ceiling and walls above the tile were coated with a rough stucco finish.

Accent strips and square tiles in the bright and earthy colors of the southwestern desert turned what could have been a boring powder room into an eye-opening experience. A large mirror above the sink reflects the stair-stepped tile pattern in the opposite wall. Accent strips also trim the perimeter of the mirror, helping to integrate it into the overall design.

SPECIAL SECTION
KITCHEN & BATHS



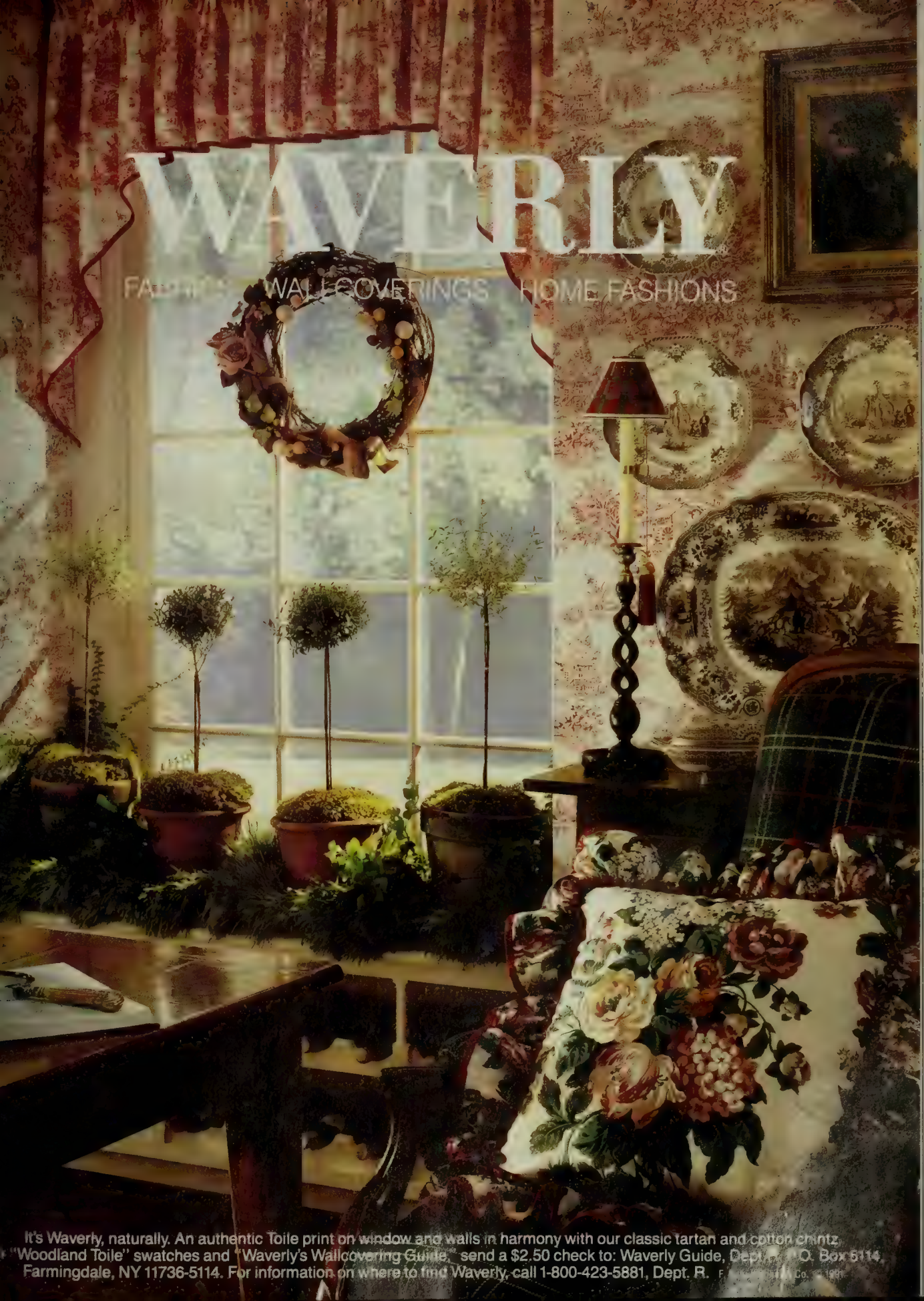
PHOTOGRAPH: JON IFNSEN

DESIGNED WITH TILE

Bring southwestern style to your kitchen or bath

Looking for a way to update a too-small bath? Consider tiling with the vivid colors of America's desert country and creating multicolored patterns that dance across the walls.

The problem that was posed by this powder room was how to create some visual space in a narrow, cramped room. To start with, a large mirror was installed above the sink. The mir-



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A HARD LOOK AT FLOORING OPTIONS

Before you step out in search of kitchen or bathroom flooring, know what's new with the old standbys.

Vinyl flooring has long been popular because it's soft underfoot, easy on dropped dishes, and water resistant.

Now it's a more creative flooring material than ever, thanks to new products that can be laid many ways. Tarkett's InlaidStyle vinyl squares are made in solid colors and patterns you can mix to create quilt patterns, bold geometric designs, stripes, or grids.

Azrock offers Cerama vinyl tiles with clipped corners and tiny accent squares in 16 colors.

CustomSpec sheet vinyl from Mannington includes fields and accents in colors and patterns you coordinate.

Wood is welcome in kitchens and bathrooms these days, thanks to tough new finishes that shield it from everyday splashes and spills. Popular polyurethane stands up to water, alcohol, and most household chemicals.

New feature strips stained in contrasting shades add interest to wood floors; Bruce's Reunion line includes strips in blue and mauve as well as natural wood shades. You'll also find strip, plank, and parquet flooring in various widths and sizes you can combine to create a custom pattern.

Sturdy ceramic tile is another old favorite with an expanded outlook. In addition to squares, there are colorful bars and strips you can use to create clever combinations.

Tiny ceramic mosaic tiles come together in stunning designs; consider creating a tough tile bathroom "rug."

Handcrafted and hand-painted accent tiles are more plentiful than ever. Many are for walls, but Signet floor tiles from Metropolitan Ceramics are tough enough for floors indoors or out. Each is embossed with an indented pattern; included are leaf, pineapple, and 18th-century quilt designs.



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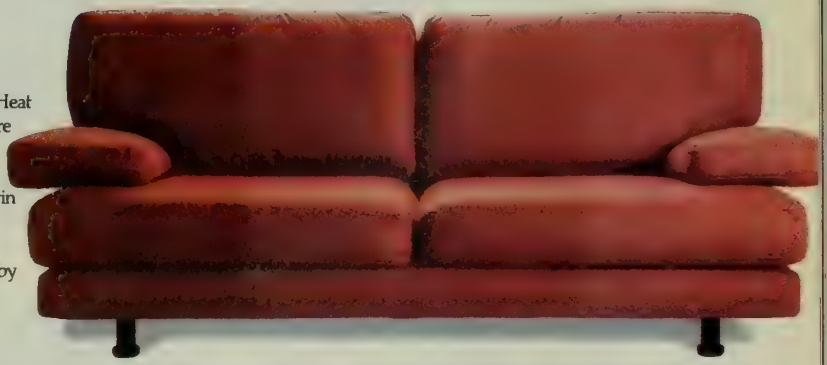
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SPECIAL SECTION

KITCHEN & BATHS

FAUCETS WITH FLAIR

You can splurge and spend nearly $300 or more nowadays on one kitchen faucet, but what will you get? We investigated several brands to learn how much bang you get for those suggested retail prices.

European styling. While there are now very stylish faucets in the lower price range, a bigger check will net you an objet d'art.

Ceramic disc cartridges. Ceramic disc cartridges mean never having to replace a leaky washer again. The smooth ceramic-aluminum discs in these mixing valves glide against one another with only the slightest wear.

Performance. With just a quarter-turn, the water flows at full blast from these faucets. Many are designed to operate with utmost ease. Abbaka offers the B/RMA Handi kitchen faucet ($275) with L-shaped handles you can turn on and off with your little finger.



COURTESY ABBAKA

Abbaka's Handi faucet levers are easy enough to operate with your little finger.

Quality materials. Pricey faucets are cast of solid brass and have no plastic components. Color finishes are baked-on polyester enamel.

Accessories and add-ons. They're functional and fun. Epicure from Kohler ($498) has a pullout spray head with a retractable flexible hose. The diverter dial on the spray head offers an aerated water flow that converts to a shower spray for rapid rinsing. Grohe's Ladylux ($350) boasts interchangeable kitchen utensils and a water filter head to remove additives from drinking water.



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Kohler's Epicure faucet spray head pulls out for easy rinsing of pots and produce.



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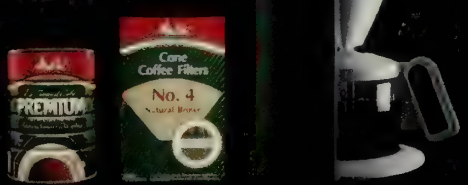


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Emily *shown smaller than actual size of approximately 18" from the top of her bonnet to the hem of her christening gown. The matching christening pillow is yours at no additional charge.*



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BLOCKBUSTER

BATHS

BY JOAN McCLOSKEY
AND WILLIAM L. NOLAN

Breath-taking baths needn't be big. To illustrate the point, we challenged two talented young architects to create the ultimate 11×13-foot bath. Their response: two totally different versions, each brimming with ideas to help you make your own dream bath take shape.



Oval Embrace

An ivory-white update of the curvy, chromey baths of the '20s and '30s



Power Grid

An energizing interplay of beams, tile, wood trim and glass

PHOTOGRAPHS: BILL HOPKINS, JR. PHOTO STYLIST: MARY DIDIO

OVAL EMBRACE

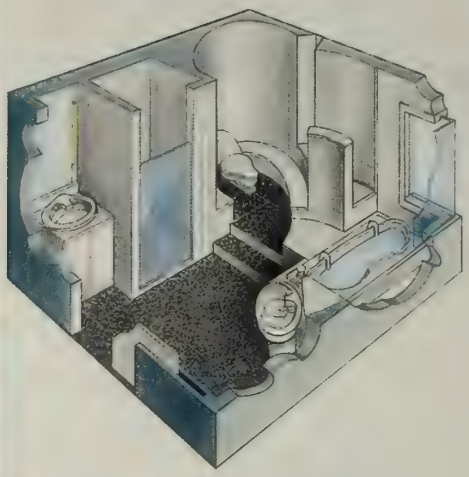
The curvy, chromey, pristinely white bathrooms of the '20s, '30s, and '40s are born again in Connecticut architect Duo Dickinson's ivory-white update. Like a bar of soap fresh from the wrapper, his sleekly sculptural spaces invite you to unwind. Their shapely planes make a perfect foil for the undulating arcs in American Standard's Platner Collection, turning a simple act like washing your hands into a soul-satisfying ritual.



A mix of 1×1 and 2×2 tiles lends subtle texture to the vertical surfaces, playing up the silky swoops in the pedestal lavatory and tub. Shampoos and rinses perch within arm's reach while you settle down to soak.

Polished slabs of cast marble stairstep past the shower stall to the whirlpool tub. Solid-surface ledges near the tub reach out to embrace the pedestal lavatory and toilet alcove. A slim strip of glass brightens the toilet alcove.





The plan fits a simple 11×13-foot rectangle. Swooping curves and changes of level deliver sculptural drama.

"Size is the biggest problem in remodeling a bath; it's like trying to fit 10 pounds of sugar into a 5-pound sack."

—DUO DICKINSON

One of the lavatories tops a 36-inch-tall vanity next to the shower stall. Recessed can lights in the soffits supplement warm-white fluorescents over the vanity; an angled window adds a slice of light in the shower.

For information on products and design, turn to the Buying Guide on page 78.

Admit it: You spend some of your quietest, most private moments in this part of the bathroom, so why not make it a visual treat? Here, gently curving walls and a frosted-glass window offer cocoonlike privacy.



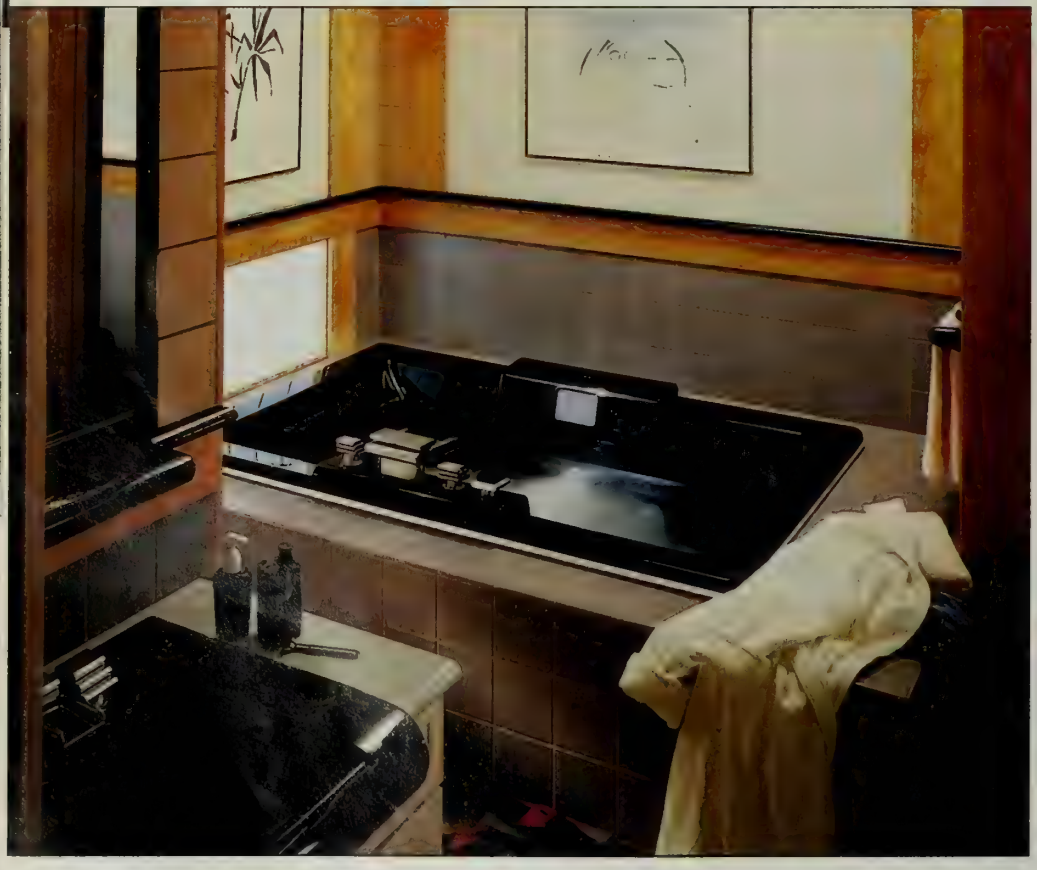


A rich layering of forms belies the bath's simple footprint: ledges cascade like outcroppings, two sizes of tile merge on the risers, rounded edges wrap the corners. The top riser extends as a columnlike backdrop for art; behind its concave face the TV swivels toward the toilet or the tub.

POWER GRID

Having trouble getting squared away in the morning? Minneapolis architect Sarah Susanka's antidote for a.m. fuzziness is an elegant grid of frosted glass, ceramic tile, and honey-hued birch. Working with Kohler Company's Pillow Talk fixtures and fittings, she concocted a scheme that has backbone: a spinelike central "hall" that serves alcoves of activity. Boxed beams overhead lend punch to the orderly parceling of spaces.

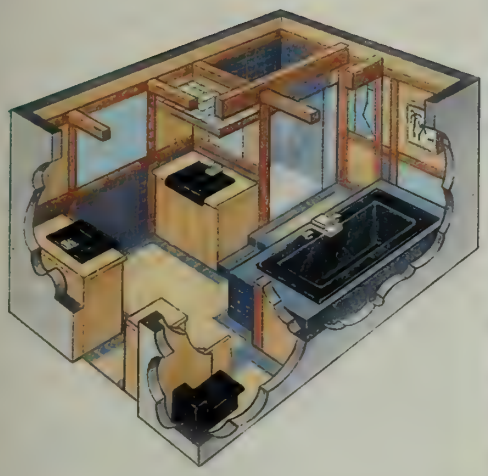
Bullnosed edging on the granitelike solid-surface countertops mimics curved fronts on the sinks. Daylight spills into the tub alcove through an art-glass window and a low-slung pane of Shoji-style frosted glass.





Intersecting lines of grout, wood trim, and box beams tie the bath together. Lighting sparkles inside floating grids or reflects off the ceiling. Deep curves set off the lavatory bowls, faucets, and whirlpool tub.





An artful interplay of squares and rectangles divides this bath into separate activity areas along a central axis.

"The bathroom is unique because it's that private place where people can lavish attention on themselves."

—SARAH SUSANKA



Splash all you like! The tub and shower share a raised platform along the rear wall, isolating drips and puddles from the rest of the room. Minimal trim and transparent panes in the shower enclosure let light and lines slide right on through.



Pine molding coated with high-gloss black enamel frames the custom-built art-glass window. Grout lines in the tile restate the window's airy leading.

A tile wainscot topped with maple trim and bullnosed molding lines the toilet alcove. The mirrored pocket door provides total privacy when needed. Built-ins around the corner keep toilet tissue and cleaning supplies handy.

For information on products and design, turn to the Buying Guide on page 78.

continued from page 75

The two baths on the preceding pages show how even a modest-size bathroom can be architecturally innovative and exciting. Should you hire a design pro to build that kind of excitement into your own dream bath? To help you decide, architects **Sarah Susanka** and **Duo Dickinson** discuss the examples they created.



BATHS



What design challenges do you usually face when remodeling a bath?

SS: In remodeling, one often deals with rather constricted spaces. For example, a very common scenario is that somebody wants to take their master bedroom closet and make it into a master bath. In older homes those spaces frequently have sloped roofs, so you have to be very creative about how you utilize the square footage.

DD: The biggest problem in remodeling a bath is that it's like trying to fit 10 pounds of sugar into a 5-pound sack. Always there are too many features and physical movements that have to be accommodated within existing space. And if you decide to expand the space, you automatically have to expand the budget.

What inspired the design for your *Better Homes and Gardens*® bath?

SS: The stylistic inspiration was Prairie School architecture. I really like working with wood a lot. I think it lends a natural warmth and it's a material that's easy to install. Also, the idea of alcoves of activity: you have a central walkway through the space, with alcoves or pockets that open off that space.

DD: What triggered the design of my bath was the whirlpool tub. For any bath, there are two radically different sources of inspiration. The first is to pick out the fixture or material that you really love and have the rest of the bath sing in harmony with that. The other is to let everything be blissfully ignorant of everything else.

Enter the Vaseline Intensive Care Contest and you could win your own bath makeover. For details, see advertisement on page 79.

Does it make sense to lavish architectural richness on a small bath?

SS: Absolutely. Bathrooms are one of the reasons people buy houses. An eye-catching bathroom may be what sells the house.

DD: The big rationale is that you spend a lot of time in the bath. Where else do you spend quiet time alone doing simple, fundamental tasks that compel you to look at your surroundings with a still, thoughtful mindset?

What are the least costly ways to gain drama and impact in a modest-size bath?

SS: One way is special tile designs, and another is the way you use windows. Also, I try to make internal views very interesting. That tends to make spaces feel bigger and more delightful to be in.

DD: The least costly way is to use mirrors. Also, anything that doesn't subdivide the bath spaces, that allows them to share light and air. Maybe the shower or sink wall doesn't go clear to the ceiling. Level changes work well, too—if you can make the floor move around a little, it creates a much richer visual experience.

Are there any general rules regarding how much you should spend on a bath remodel?

SS: A minimum figure is about $5,000, and the sky's the limit. There really is no set ratio between the cost of the bath and the cost of your house, because everyone has a different notion of how important a nice bathroom is in their lives.

DD: If you find that the square-foot price exceeds $200, pull back and make sure you're happy with all the features you've included. Above $200, what you're paying for are options, not essentials: shapes that are hard to build, surfaces that are really expensive to put in. Baths are *exquisitely* idiosyncratic. You should have exactly what you want. It's just like buying underwear; why would you want to buy underwear that doesn't feel good on you?

If the budget is tight, which bath luxuries are really worth splurging for?

SS: I've discovered over the years that bathrooms are incredibly personal spaces. We all have very different attitudes about bathrooms, and likewise about what they should contain. Those who are perfectly happy with a 5×7 bath can't imagine why anybody would want to build a 12×16 bath. So this is a very difficult question to answer. But one thing I wouldn't scrimp on is windows. I'm a strong believer in natural light and ventilation in the bathroom. Also, I'd do some special things with tile. I love to play with tile, and if you're even a little bit daring with color you can really add an enormous amount to the bathroom.

DD: The one thing you should splurge for is to accommodate exactly your routine and nothing else. For example, if you're a total neatnik and can't handle grout lines, splurge for polished stone. Don't splurge to impress your neighbors; you'll just spend money on things they'll see only once.

To order plans for the bathrooms on the preceding pages, write directly to the architects. For addresses, see the Directory of Designers on page 80.



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Look for local advertising from your favorite stores for full details.

BUYING GUIDE

Many of the products shown editorially in *Better Homes and Gardens*® magazine can be obtained locally. For more information, write the manufacturers listed below. Some privately owned or custom-made items have been omitted from the listing.



BLOCKBUSTER BATH

Pages 68–69: Ceramic tile—American Olean Tile Co., 1000 Cannon Ave., Lansdale, PA 19446-0271. **Cast marble floor,** "Armstone"—ArmStar, P.O. Box 820, 307 Industrial Park Blvd., Lenoir City, TN 37771. **Recessed lighting**—Halo Lighting, Div. of Cooper Ind., 400 Busse Rd., Elk Grove Village, IL 60007. **Fluorescent lighting on mirror**—Alkco, Div. of Jac Jacobsen Ind., 11500 W. Melrose St., Franklin Park, IL 60131. **Whirlpool tub, sinks, toilet and faucets,** "Platner Collection"; **soap dish, towel bars,** "Azimuth Collection—American Standard Inc., One Centennial Plaza, P.O. Box 6820, Piscataway, NJ 08855-6820. **Corner window**—Marvin Windows, P.O. Box 100, Warroad, MN 56763. **Medicine cabinet**—NuTone, Inc., Madison and Red Bank Rds., Cincinnati, OH 45277. **Countertop sills, ledges, top surface of tub platform,** "Gibraltar"—Wilsonart, 600 General Bruce Dr., Temple, TX 76504. **Towels**—Cannon Mills, Inc., 1271 Avenue of the Americas, New York, NY 10020.

Pages 70–71: Vanity cabinet, "Avia"—Merillat Ind., P.O. Box 1946, Adrian, MI 49221; 800/624-1250. **Sinks, faucets and toilet,** "Platner Collection"; **shower spray, handle,** "Ceramix"; **tumbler holder, toilet tissue holder, towel bars,** "Azimuth Collection"—American Standard Inc. (address above). **Towels**—Cannon Mills, Inc. (address above). **Ceramic tile**—American Olean Tile Co. (address above). **Cast marble floor,** "Armstone"—ArmStar, P.O. Box 820, 307 Industrial Park Blvd., Lenoir City, TN 37771. **TV**—Zenith Electronics Corp., 1000 Milwaukee Ave., Glenview, IL 60025-2493. **Recessed lighting**—Halo Lighting, Div. of Cooper Ind., 400 Busse Rd., Elk Grove Village, IL 60007.

Pages 72–73: Lighting over vanities—CSL Lighting Mfg., Inc., 25070 Avenue Tibbetts, Valencia, CA 91355. **Art glass window**—Pegasus Stained Glass, Inc., 5155 Bloomington Ave., Minneapolis, MN 55417. **Countertop,** "Gibraltar"—Wilsonart, 600 General Bruce Dr., Temple, TX 76504. **Vanity and medicine cabinets**—Heritage Custom Kitchens, 215 Diller Ave., New Holland, PA 17557. **Whirlpool tub, sink, faucets, shelf above vanity, toilet, towel bars, robe hook,** "Pillow Talk Collection"—Kohler Co., Kohler, WI 53044. **Ceramic tile**—American Olean Tile Co. (address above). **Robe**—Victoria's Secret, North America Office, P.O. Box 16589, Columbus, OH 43216. **Towels**—Cannon Mills, Inc., 1271 Avenue of the Americas, New York, NY 10020. **Shaving brush holder**—Pier 1 Imports, P.O. Box 961020, Fort Worth, TX 76161-0020. **Shaver,** "The Gillette Sensor"—The Gillette Co., Prudential Tower Bldg., Boston, MA 02199.

Pages 74–75: Art glass window—Pegasus Stained Glass, Inc., 5155 Bloomington Ave., Minneapolis, MN 55417. **Shower door, shower faucet head, shelf in shower, faucets, toilet, toilet tissue holder**—Kohler Co., Kohler, WI 53044. **Towel**—Cannon Mills, Inc., 1271 Avenue of the Americas, New York, NY 10020.

LIVING WITH STYLE

Pages 88–89: Wall paint—Benjamin Moore Co., 5 Chestnut Ridge Rd., Montvale, NJ 07645. **Chair cushion fabric**—Jack Lenor Larsen, Inc., 41 E. 11th St., New York, NY 10003. **China,** "Barclay"—Lenox China Inc., Lawrenceville, NJ 08648. **Crystal,** "Tall Colleen"—Waterford Crystal, 30-30 Thomson Ave., Long Island City, NY 11101. **Flatware,** "Old Newbury"—Old Newbury Crafters, 36 Main St., Amesbury, MA 01913.

Pages 90–91: Range—Wolf Range Co., 19600 S. Alameda St., Compton, CA 90224. **Dishwasher**—KitchenAid, Troy, OH 45374. **Lighting**—Halo, Div. of McGraw Edison, 400 Busse Rd., Elk Grove Village, IL 60007. **Faucet**—Elkay Mfg., Co., 222 Camden Ct., Oak Brook, IL 60521. **Valance fabric**—Cowtan & Tout, Inc., 979 Third Ave., New York, NY 10022. **Clock**—Bulova Corp., 1 Bulova Ave., Woodside, NY 11377. **Tile**—Tilecraft, Ltd., 101 Henry Adams N226, San Francisco, CA 94103.

WRAP YOUR ROOMS IN FABRIC

Most of the window treatments shown are constructed with **Iron-on Fusible Shade and Drapery Tapes**—Dritz Corporation, P.O. Box 5028, Spartanburg, SC 29304.

Page 100: Table, chairs, closet—Taylor Woodcraft, P.O. Box 245, South River Rd., Malta, OH 43758-0245. **Wall padding**—Fairfield Processing Corp., P.O. Box 1130, Danbury, CT 06810. **Fabric on walls,** "Sky" Country Linen Plaid, Waybond Finish, Linen Coordinates; **window treatment fabric,** "Bisque" Old World Linen, Back to Basics—Waverly, 79 Madison Ave., New York, NY 10016; 800/423-5881. **Drapery hardware**—Kirsch, 309 N. Prospect, P.O. Box 0370, Sturgis, MI 49091.

Page 102: Leather love seat, ottoman—Bernhardt Furniture, P.O. Box

continued on page 80

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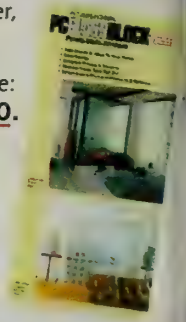
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BUYING GUIDE

continued from page 78

740, Lenoir, NC 28645. **Lamp,** "Tizio"—Artemide, Inc., 1980 New Highway, Farmingdale, NY 11735. **Wall fabric,** "Ruby" Old World Linen, Back to Basics; **pillow, window-treatment fabric,** "Persimmon" Wimbledon Linen, Scotchgard treated, Linen Coordinates—Waverly (address above). **Wall padding—**Fairfield Processing Corp. (address above). **Wall-covering system—**Quik Trak, 84 Reservoir Park Dr., Rockland, MA 02370.

Page 105 (*top*): Wall, window-treatment fabric, "Berry" Wayside, Scotchgard treated, Country Inns and Backroads—Waverly (address above). **(*Bottom*): Window blinds,** "Heartwood"—Joanna, Div. of CHF Industries, P.O. Box 410727, Charlotte, NC 28241-2076; 800/562-6620. **Wall, window fabric,** "Berry" Wildwood, Scotchgard treated, Country Inns and Backroads; **pillow sham fabric,** "Berry" Country Inn Stripe, Scotchgard treated, Country Inns and Backroads; **duvet cover,** "Berry" Wayside, Scotchgard treated, Country Inns and Backroads—Waverly (address above).

CASUAL COOKING FROM WINE COUNTRY

Page 123: Octagonal platter, pedestal plate, and glasses—Viansa Winery, 25200 Arnold Dr., Route 121, Sonoma, CA 95476. **Napkin—**The Poppy, 107 E. Napa St., Sonoma, CA 95476. **Gates to winery—**Mike Chisham, P.O. Box 82, Petaluma, CA 94953.

Pages 124–125 (*left*): Dinner plate and glass—Viansa Winery (address above). **Yellow plate and napkin—**Cost Plus Imports, Redwood Hwy., Larkspur, CA 94939.

Pages 126–127: Plates, bowls, and glasses—Viansa Winery (address above). **Blue and white napkin—**Cost Plus Imports (address above). **Black and purple napkin—**The Crate and Barrel, 725 Landwehr Rd., Northbrook, IL 60062. **Green napkin—**The Poppy (address above).

Pages 128–129 (*top*): Pedestal dish—Viansa Winery (address above). **(*Bottom*): Grape plates, glasses, pedestal plate, hexagon plate, and long narrow plate—**Viansa Winery (address above). **White oval platter—**Williams-Sonoma, 100 North Point St., San Francisco, CA 94133.

Page 130: Wine glasses—Viansa Winery (address above).

PRIZE TESTED RECIPES®

Page 149 (*left*): Spoon, "Taos"—Wallace Silversmiths, P.O. Box 9114, East Boston, MA 02128. **(*Right*): Blue and white checkered plate,** "Monaco"—Conran's Habitat, 10 Astor Place, New York, NY 10003. **Fork,** "Regalia"—Yamazaki Tableware, Inc., 150 North St., Teterboro, NJ 07608.

Page 150 (*right*): Bowl, "Brighton"—Conran's Habitat, 10 Astor Pl., New York, NY 10003. **Glass—**Pier 1 Imports, P.O. Box 961020, Fort Worth, TX 76161-0020.

DIRECTORY
OF ARCHITECTS, DESIGNERS

BLOCKBUSTER BATHS

Pages 68—71: Architect—Duo Dickinson, Architect, 94 Bradley Rd., Madison, CT 06443.

Pages 72—75: Architect—Mulfinger & Susanka Architects, Suite 308, 1501 University Ave., SE, Minneapolis, MN 55414. **Countertop fabrication—**Alexander & Associates, 650 NE. 47th Place, Des Moines, IA 50313. **Ceramic tile installation—**Holt Tile and Marble, 4300 NE. 38th St., Des Moines, IA 50317.

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PICKING PAINT: OIL VS. LATEX

Uncertain about what paint to buy? The wrong paint can ruin an otherwise good project. Here's a guide to the products available and some hints on how best to use them.

Oil-based paints are great for areas that are frequently handled: door and window trim, handrails, bookcases, and furniture. The term "oil-based" is still commonly used; however, the original oil formulas have been replaced with synthetic alkyd resins.

The hard, durable surface these paints offer can take frequent cleaning. Oil-based paints also dry slowly, allowing brush marks to level out. This results in a smoother surface with few or no brush lines.

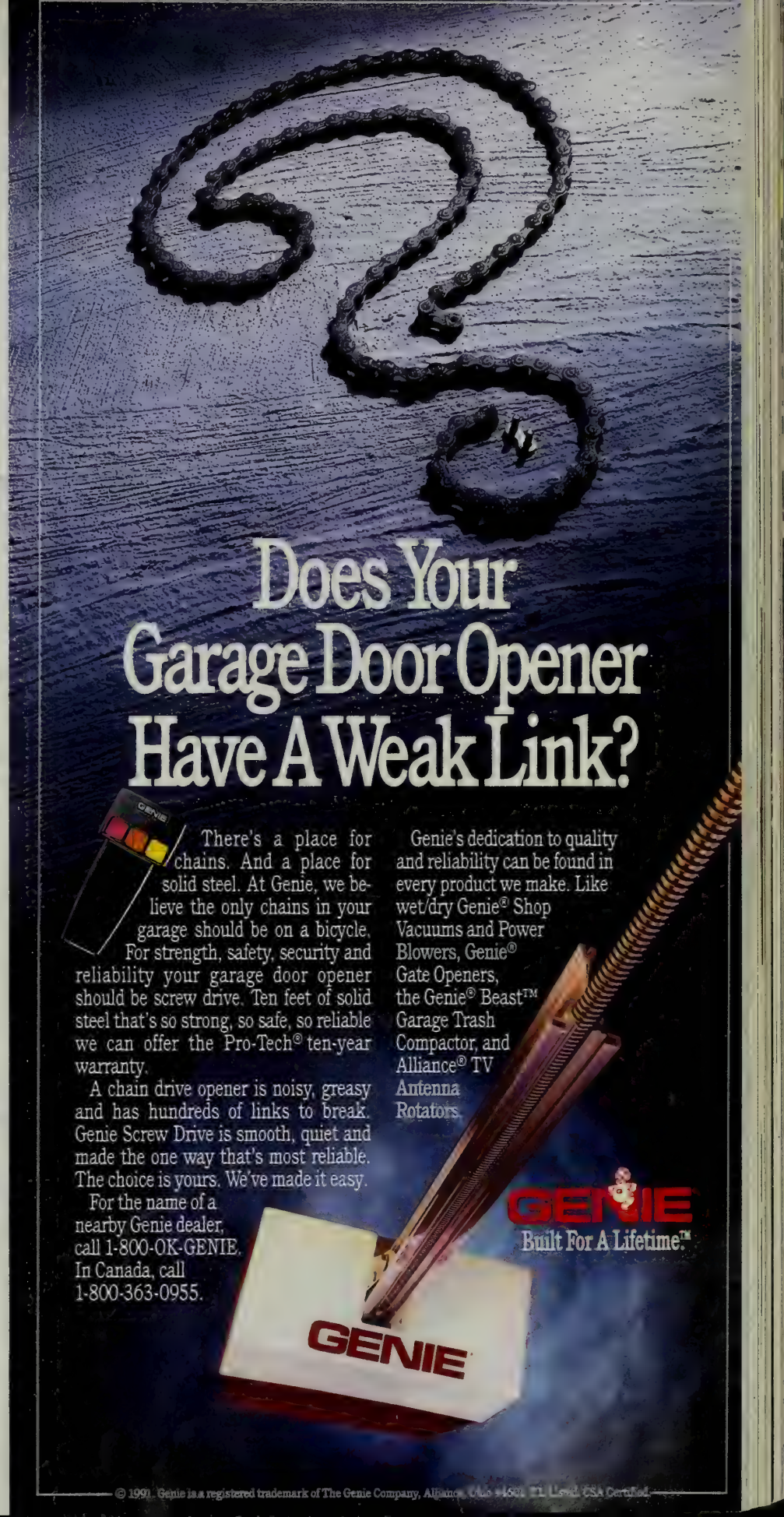
Inconvenience is the main drawback to using oil-based paints. These paints require solvents such as paint thinner for cleanup. Fumes can be strong, requiring a thorough airing out of interior paint jobs.

One other drawback to oil-based paints is that they don't hide bumps, scratches, and small nicks in woodwork. Before painting, be sure that even the smallest nicks, knots, and nail holes are filled, and that the surfaces are sanded glass-smooth.

Latex paints clean up easily with water and a little soap. Walls, ceilings, and low-maintenance surfaces are ideal for latex paints.

Because these paints dry quickly, you may get brush lines. The streaks don't matter much on exteriors, but can be noticeable on interior woodwork. Also, objects set on top of latex paint for long periods of time may stick to the paint, even if the paint is completely dry. Avoid using latex paints on book or display shelves.

Painting flat surfaces with roller brushes, however, works just fine. Latex paints have excellent hiding powers and can cover small flaws, especially on drywall.





Diahann Carroll

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To Californians Jula and Steve Sutta, decorating family-style doesn't mean barren coffee tables and dirt-colored fabrics. This two-career couple knows how to make room for style—*and* their three kids, dog, and cat. Share their budget-conscious strategies for creating spaces that look good and live great, too.

BY SANDRA S. SORIA



"The children know they are welcome in the living room—as long as they bring their grown-up manners."



Living with Style



Put the children first. Every parent knows that kids can squeeze a decorating budget. So when interior designer Jula made plans to turn this once-derelict house into her family home, she followed one simple rule: Keep a tight rein on the cash flow, but let the mind run free.

Think style that lasts. The Suttas invested decorating dollars in ample and affordable department-store sofas. The classic lines and neutral covers make the sofas a long-term investment in style. But ivory sofas living under the same roof with 6-year-old Rachael and 5-year-old Austin? "The girls don't have a problem respecting this as the 'clean room,' " says Jula. "In fact, they feel respected when given that responsibility." New stainproof upholstery fabrics also ease parental fears about sticky fingers.

Use affordable fillers. A flea-market rocker, garden urns turned glass-topped coffee tables, a framed mirror in place of expensive art, and treasures found along the way give the room character without demanding much cash.

Save a lot, splurge a little. By saving on the room's basic wardrobe, the Suttas could afford big-impact accessories. On squashy pillows, a few yards of luxury fabrics top off practical upholstery like a silk scarf. The big-ticket items, a Korean scholar's chest and carved Pyrenees table, earn their keep with masterpiece style and lasting beauty.

Living with Style

Plug in paint's power. Chosen for nighttime drama, a strong dose of midnight blue on the walls is a budget-conscious character builder here. A similar shade creates an overnight success of an unfinished parsons table and recycled wicker. In the entry, a former bedroom chest now greets guests with an elegant decorative finish. (Paint how-to, *page 107.*)

Trust your instincts. Sometimes fate extends a helping hand in decorating projects. In this case, the Suttas accepted the offer. "When we were painting, we tossed the kilim runner on the table to get it out of the way," remembers Jula. "It looked so great we put glass over it."

Be patient. This glittering tabletop proves that the right accessories are worth waiting for. "We didn't inherit china or crystal," says Jula. "So we're giving this set to each other piece by piece."

Buying information, page 78.

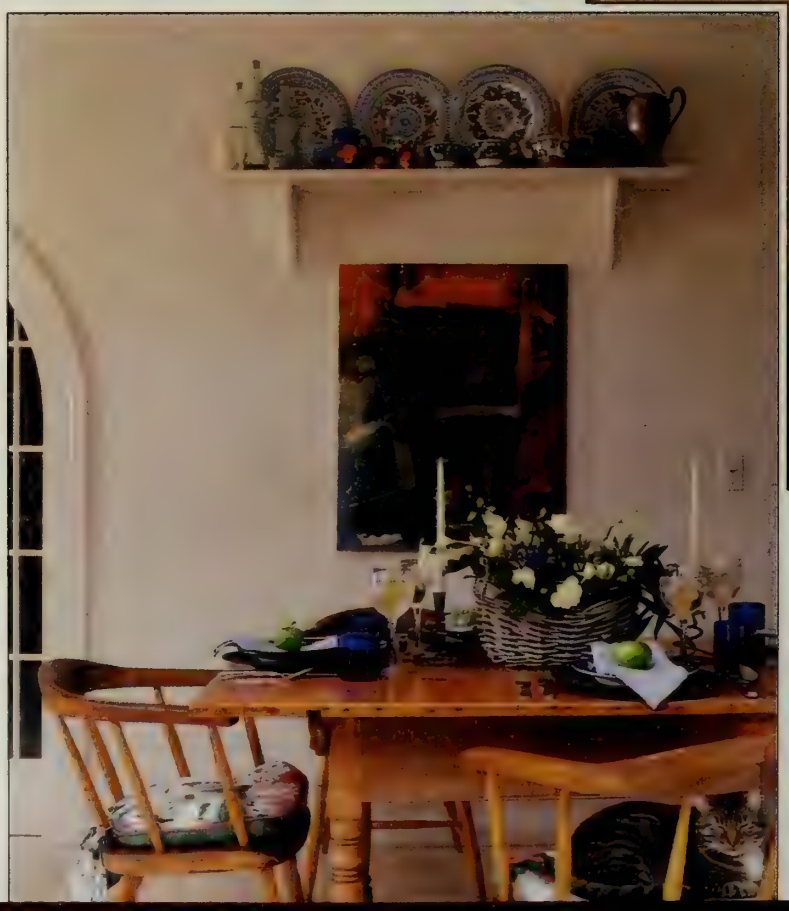

"With a can of paint,
you can remodel a room
and have all
new furniture."

Living with Style

Be open to possibility. The Suttas lived in their Berkeley home for five years before plunging into a major remodeling. "We started with the kitchen," says Steve, "because it was the dreariest room in the home." To make it light and livable, they knocked out walls that had broken the sizable space into cubbyholes, then went to great panes to invite nature inside.



Divide and conquer space. Once walls tumble, furniture can step in as see-through room dividers. A vintage table and chairs (*right*) set a place for dining and games. They also separate the kitchen from a sitting room and sometimes study area (*inset opposite*) for 16-year-old Avi.



Invest creativity. The best things in decorating may not be free, but often they're inexpensive. Says Jula, "When the remodeling costs climbed too high, we decided to drop the kitchen island. Instead, I found an old table, then trimmed the legs to make it low enough for the kids to help in the kitchen."

Buying information, page 78.





"The kitchen is our family room. It's designed for several people to work in at once."


"The bedrooms are
like labs for my decorating
experiments."



Living with Style

Substitutions, please. It drapes like silk, but the flowing window dressing is 35-cents-per-yard bleached cheesecloth. Using more decorating magic, Jula makes plywood tables vanish under Chinese lace.

Brush up on style. Instead of replacing busy wallpaper in Austin's room, Jula toned it down with a coat of transparent glaze. Paint also covers the bathroom's worn wood floor and tub, and links the spaces in a clever stencil.



Living with Style





LANDSCAPE ARCHITECT, LAWRENCE FLEURY

Invite your yard to a garden party. By opening up the kitchen and family room with French doors, even the entryway (*inset above*) now gives visitors an enticing glimpse of the backyard. That's why the Suttas plowed under a dull sweep of lawn to sow the seeds of glorious flora. Now, a tiered perennial bed climbs up to the back fence, giving depth to the narrow yard. "Of all the things we did on the house, I love the garden most," says Steve, who runs a recycling firm. "Ironically, I'm the one who fought the garden the most because of the expense." This family reaps the long-term paybacks—the lush yard always beckons them to cook, dine, or just release pent-up energies into the great outdoors. Plus, with only some weeding, this perennial bed renews itself each year.

"This is more than a garden... it's another room."

Harvest lasting color. Even when the garden isn't blooming, the kitchen area is, thanks to flowers Jula planted on toss pillows and a lush balloon valance.

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PHOTOGRAPHS HOPKINS ASSOCIATES ALL FABRICS WAVERLY

BETTER HOMES AND GARDENS® EASY-MAKE DESIGNS FOR BUTTERICK

WRAP your rooms in FABRIC

Here's a simple way to increase your material wealth: Try our four easy-to-make window and wall coverings. These decorative dressings will wrap your rooms in the warmth and color of fabric.

THE SOFT TOUCH

It's no secret that fabric gives windows a bright outlook. But when you link a window treatment with walls dressed in the soft touch of fabric, you have a strong one-two decorating punch. On walls, fabric's beauty isn't just skin-deep. It works hard by adding cozy insulation or disguising damaged walls. Here, walls upholstered in woven Waverly plaid join Butterick's easy-to-sew ivory linen window cover and white woods for a crisp country look. The wall fabric is stretched and stapled in place. *continued on page 102*



Stapled onto a wood frame, fabric and padding add interest and insulation.

To order patterns and/or bonus instructions, see page 106.

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With Quik Trak (at fabric stores), simply apply plastic tracks, then tuck in the fabric. Like paneling, vertical fabric sections work as architecture.

WRAP your rooms in FABRIC

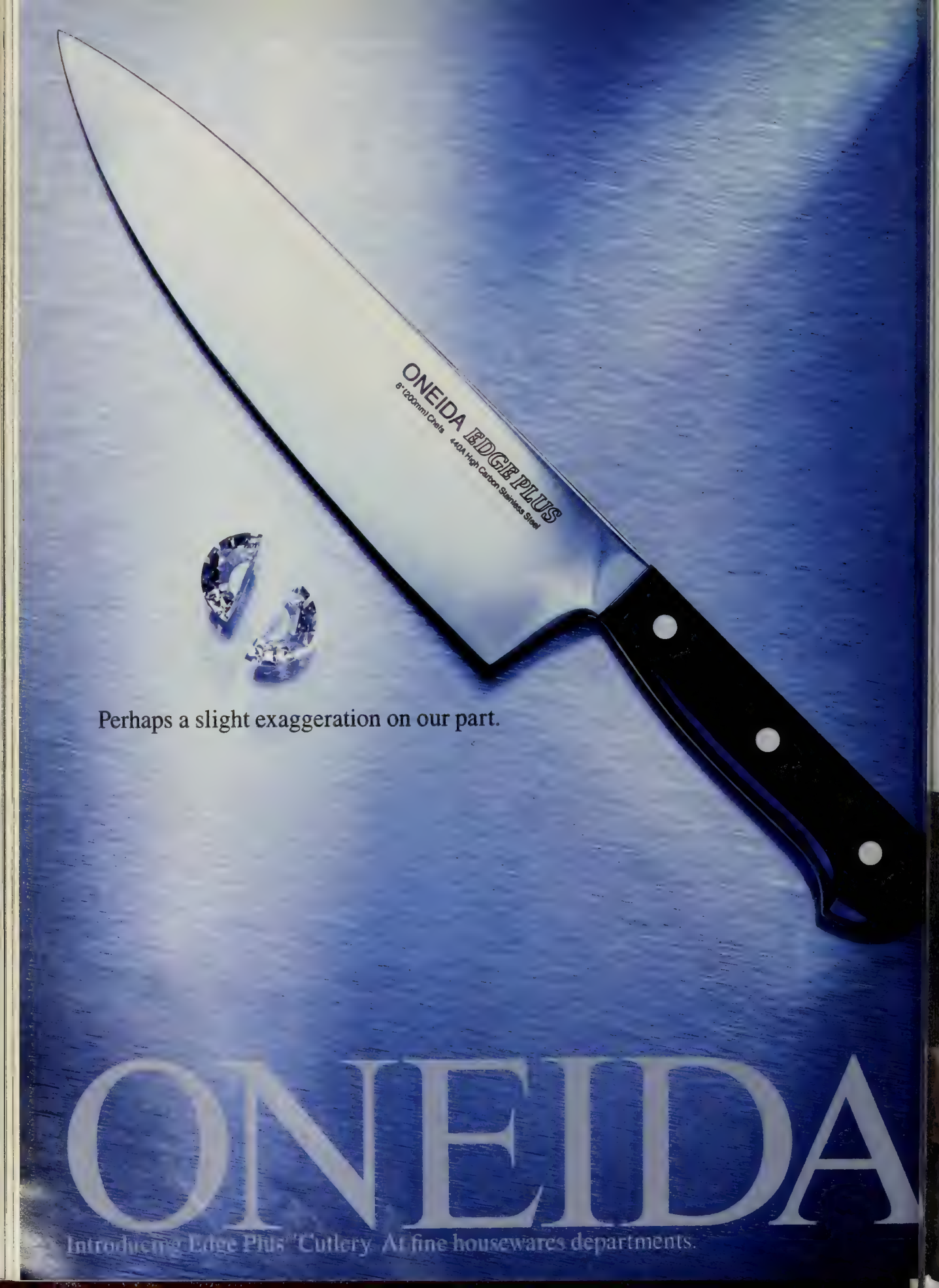
FABRIC ON THE FAST TRACK

To quickly cozy up a living space, turn on the heat with a blast of red fabric. Even better, by using Quik Trak, a self-adhesive fabric-fastening system (*see inset detail*), it's easy to seal your rooms in an envelope of warmth. The fabric's homespun texture—plus a bit of plumpness from batting—turns this room's once-flat walls into plush, touchable surfaces that are just right for winter nesting. The tailored Roman shade, with its fun cotton-tab suspenders, "parts" the solid red sea of Waverly linen with a bit of pattern. To order the shade pattern and bonus fabric wall covering instructions, *see page 106.* *continued on page 105*

S STATIC GIVING YOU A BUM WRAP?



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Perhaps a slight exaggeration on our part.

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Wrap your rooms in Fabric

A ROOM IN BLOOM

Blooming Waverly fabric helps create the old-world mood in this small bathroom. Here's how you give a plain space a hint of aged architecture: Nail on a lumberyard molding at sill height, then staple fabric above the molding and brush on a strong color below. Butterick's easy-to-make balloon shade floats in the window to further soften the hard angles of the boxy room.

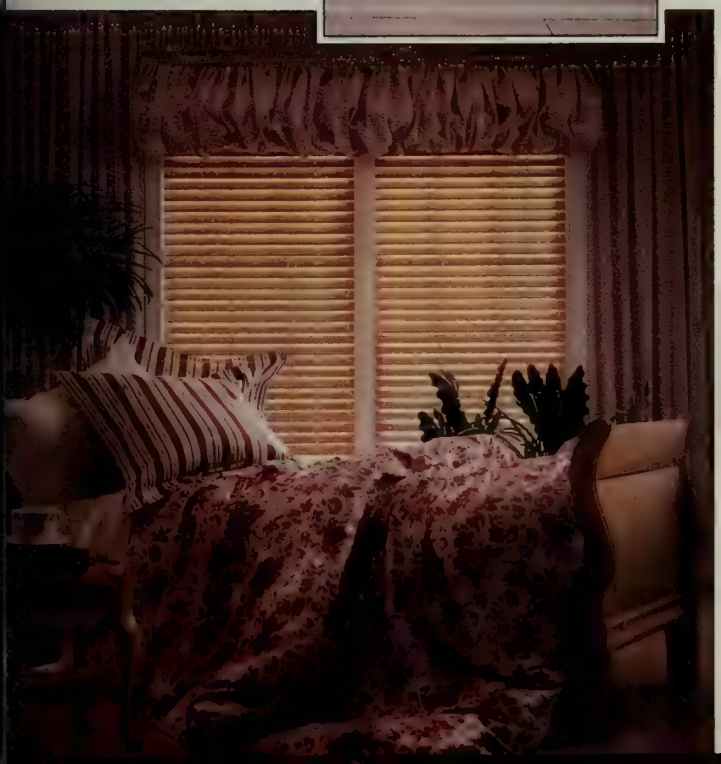




Get out the staple gun and dress your walls with fabric in a hurry. For a finishing touch, glue on a colorful ribbon to cover the fabric edges.

Rods braced to the wall at ceiling, floor, and around the window, hold fabric. The fabric can be easily removed for cleaning.





SHIRRED DELIGHT

Given soft folds with a shirred technique, this dainty fabric has a soothing bedside manner. To create the effect, simply mount rods at ceiling and floor levels, then sew rod pockets into fabric and slide the fabric onto the rods. A stationary balloon valance in companion fabrics links the window to walls, and crowns mellow pine blinds with a halo of softness. The wood and greenery give the eye a needed break from the pattern, and comfort the room with hints of the great outdoors. To order the *Better Homes and Gardens®*/Butterick window covering pattern package, plus the bonus fabric wall covering instructions, *see page 106.*

Wrap your rooms in Fabric

continued from page 105

How to order patterns and instructions

You can create the window coverings shown on *pages 100–105* with our patterns, your fabric, and minimal sewing skills. Look for these new *Better Homes and Gardens® Designs for Butterick* patterns at your fabric store, or order them by mail using the coupon (*right*).

As a special offer to our readers, you can also use the coupon to send for bonus step-by-step directions for making the easy fabric wall coverings shown in our story. Be sure to include $1 to cover postage and handling for the instructional booklet, created by *Butterick* with *Waverly* fabric company.

WINDOW AND WALL COVERING PATTERNS AND INSTRUCTIONS

Pattern package No. 5739 includes patterns for making the window coverings shown on pages 100–105. The wall covering booklet includes step-by-step instructions for creating the fabric wall coverings shown on pages 100–105.

Pattern No. 5739 $7.95 .....$ _____
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Send check or money order (U.S. funds only) to: **Better Homes and Gardens®/Butterick Offer,** P.O. Box 729, Department BHG, Altoona, PA 16603.
Please allow 6 to 8 weeks for delivery. **Offer expires October 1, 1992.**

Note: Be sure to include $7.95 plus $1 to cover postage and handling for each pattern ordered. Also, you'll need to include an additional $1 to cover the costs of postage and handling on each wall covering booklet ordered. Please allow 6 to 8 weeks for delivery. Print clearly, because this coupon will be used for your mailing label.

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LIVING WITH STYLE

continued from page 94

REFRESH FURNITURE WITH PAINT

With the decorative magic of paint, you can turn aging furniture into sparkling new pieces with the flick of a brush. To re-create the metallic finish on the Sutta's hall chest (*below right*), follow these simple directions.

MATERIALS

- Copper Topper, available through Pottery Barn, Mail Order Department, P.O. Box 7044, San Francisco, CA 94120-7044.
- Acrylic paint in Burnt Umber, at art supply stores and crafts shops.
- Liquid Gold Leaf, available at art supply stores, crafts shops, and some hardware stores.
- Satin polyurethane varnish, available at hardware stores.

TOOLS

- Disposable foam brushes.
- A variety of paintbrushes, sized according to the piece to be covered.
- Natural sea sponge for dabbing, available at bath and art shops.
- Fine steel wool (or fine-grade emery cloth).

DIRECTIONS

Begin with a small project or a practice board until you feel confident with this decorative paint technique.

Thoroughly clean the piece you will be working with, using soapy water and a brush or cloth. Let it dry, then sand it lightly if necessary to remove any rough spots.

Coat the item with Copper Topper, following the manufacturer's directions and cautions carefully. Use foam brushes to create the smoothest finish.

When the Copper Topper base coat is dry, dab on liquid gold leaf in a random pattern with a soft brush. Allow random areas of the copper to show through.

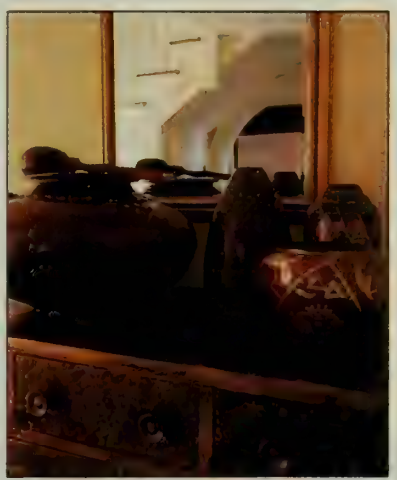
While the gold leaf dries, thin the burnt umber paint with water, using a three-to-one ratio. Cover the base coats with paint. Working quickly, dab off the umber with a damp natural sponge.

Hint: Try not to overwork your piece. One stroke or dab usually does it. Remember that there are no mistakes in creating this metallic finish; each piece is an original. If you aren't satisfied with your results, simply begin again when the piece is dry.

THE FINISHING TOUCH

Once the piece has dried (one to three hours), brush on a *thin* coat of satin polyurethane varnish.

Allow the polyurethane varnish to dry thoroughly, then sand the piece lightly with steel wool. Wipe it lightly with a clean, lint-free cloth. Apply a second coat of polyurethane. Repeat this process until you achieve the finish you desire.

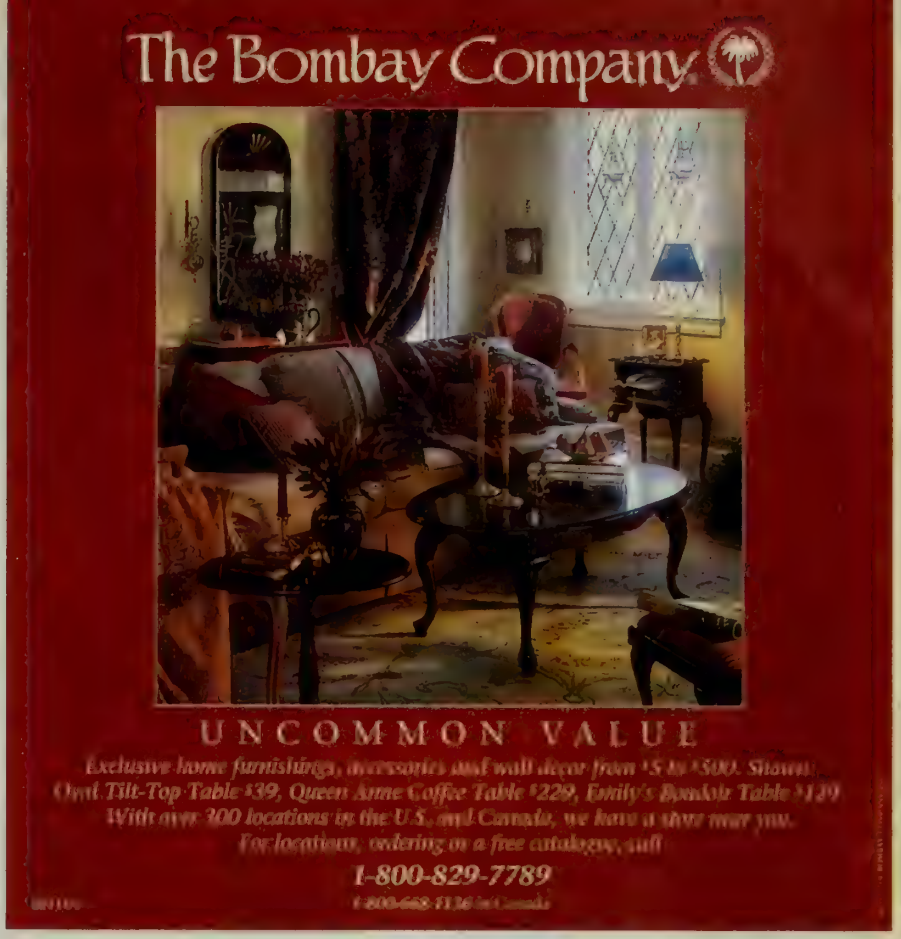


Paint gives an old chest new life.

DIFFERENT STROKES

If you simply want to give a piece a fresh coat of paint, such as the Suttas did on their dining room table, follow these simple steps:

- Strip the piece thoroughly, removing any old paint or varnish. A professional furniture stripper can often do the most complete job. Let the furniture sit at least 24 hours after stripping so that any chemicals saturated into the wood will evaporate.
- Lightly sand the entire surface until it is soft and smooth, using 150-grit sandpaper. Wipe off all the dust.
- Prime the entire piece with flat white latex primer, then sand it smooth and wipe away the dust.
- Apply a couple of coats of latex or acrylic paint in the color of your choice, sanding lightly between coats.
- Finish the piece with a satin polyurethane varnish. BH&G



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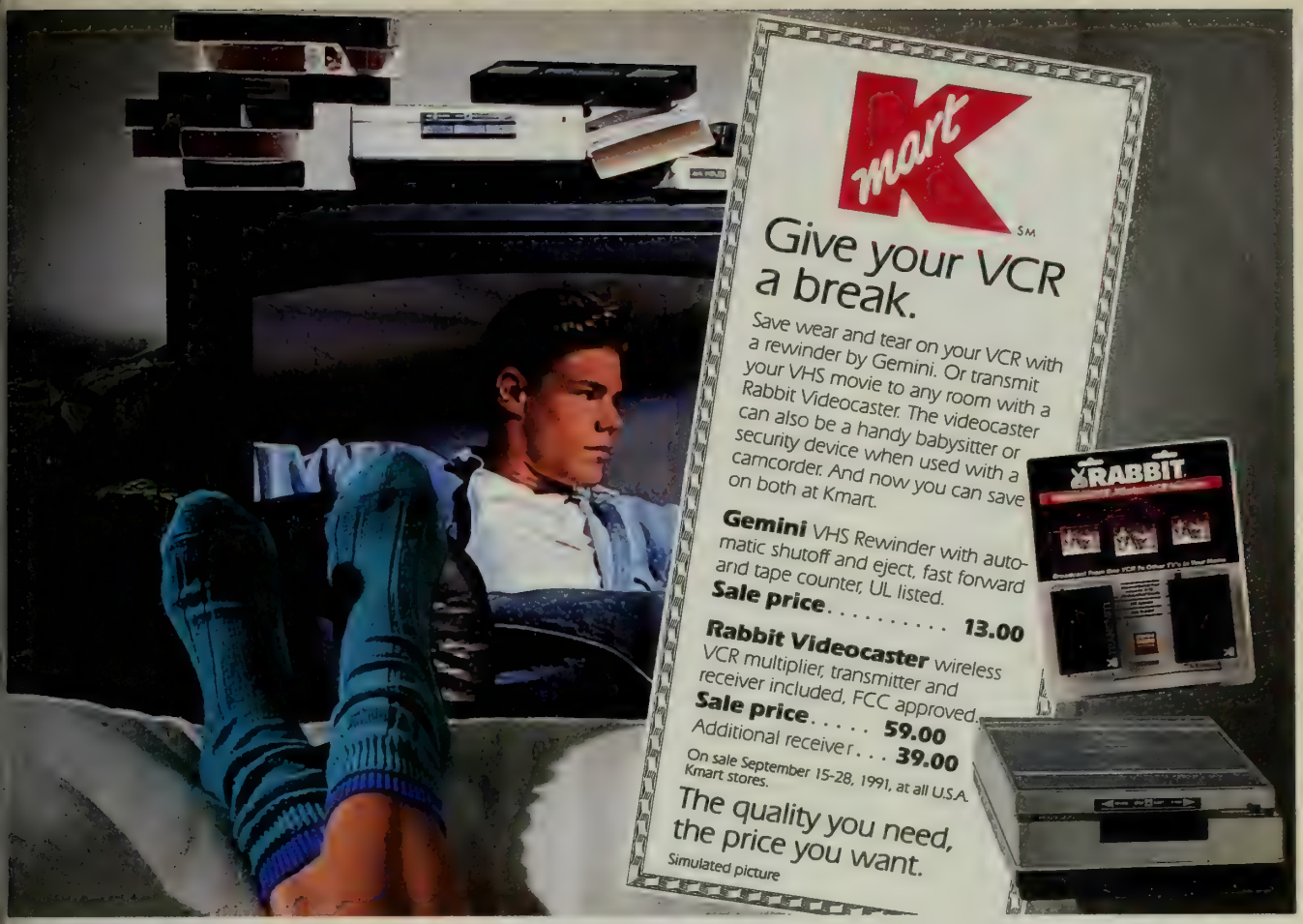
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WORLD OF WINDOWS—is the ultimate idea sourcebook for your home building or remodeling project. A limited hard bound edition of this glossy 128 page book is now available. PELLA/ ROLSCREEN COMPANY. $6.95. Circle No. 20.

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FURNISHINGS

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FOOD

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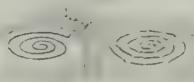
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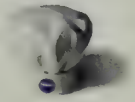
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Make the moment with Pillsbury.



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BBQ CHICKEN AND RICE

- 2½ pounds chicken pieces
- 2 tablespoons oil
- 1¼ cups barbecue sauce
- ¾ cup water
- 1½ cups Original MINUTE® Rice
- 1 cup sweet corn

Garnish: Green and red peppers as desired.



- Brown chicken in hot oil in large skillet.
- Stir in barbecue sauce and water. Cover; cook over medium-low heat 20 minutes, or until tender.
- Stir in rice and corn. Cover; reduce heat and simmer 5 minutes.

Makes 4 servings.

FAST, EASY AND ALWAYS DELICIOUS.

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casual

BY LISA HOLDERNESS

cooking from Wine Country



Enjoy three hearty fall menus from a California winery whose owners love good food with good wine.



Fall is harvest time in wine country, and visitors flock to the vineyards. Guests at Viansa Winery in California's Sonoma Valley get a warm greeting from owners Sam and Vicki Sebastiani. While visitors sample wine, the Sebastianis offer advice on enjoying wine with all kinds of food. "Many folks believe wine has a mystique about it," says Sam, "as though it can be enjoyed only with certain foods or special meals." Master winemakers Sam and Vicki are great cooks, too. Their recipes and wine know-how can help you enjoy three delicious menus, each complemented with a glass of wine. **See recipes, page 133.**

casual cooking from Wine Country

dinner on the grill

The Sebastiani family finds cooking—especially grilling—a fun way to relax after work. They enjoy experimenting in the kitchen, often flavoring recipes with wine. When you're cooking with wine at home, follow their practical tips:

- *Choose a moderately priced wine (about $5/bottle) for cooking. Also, choose a kind that you've sampled before, one you know you like. Save expensive wines for sipping.*
- *When adding wine to a recipe, Vicki suggests adding a spoonful at a time, then tasting. To flavor delicate savory sauces or dessert sauces, replace up to 2 tablespoons per cup of liquid with wine. For hearty tomato sauces and soups, you*



Vicki and Sam both help with the cooking at Viansa's Italian Marketplace Deli.

can usually add a bit more wine without overpowering their robust flavors. In long-simmering dishes, wine mellows.

- *For appearance' sake, never use red wine in a white sauce or you will end up with a gray sauce.*
- *Some food flavors don't mix well with wine, says Vicki. Vinegar is the worst. Other mismatches include curry, horseradish, hot peppers, and dishes containing high amounts of fats and oils.*
- *Serving wine with a tossed salad? Substitute red or white wine for the vinegar in the dressing, using the same wine that you plan on serving with the salad.*



MENU

Fresh Greens with Fontina

Start dinner with a salad of mellow baked cheese, spinach, watercress, and a splash of red wine dressing.

Cal-Ital Grilled Lamb

For tender, robust leg of lamb, use a hearty wine (such as Cabernet Sauvignon) in the marinade and save the rest of the bottle for dinner.

Pasta with Red Pepper Sauce

Simple elegance! Just three ingredients make up the sauce that perfectly complements the lamb.

Chocolate Peanut Soufflé

Swirl together two favorites, chocolate and peanut butter, in an airy soufflé and serve warm from the oven.

Wine choice:

Sam serves both red and white wine at dinner so friends have a choice. With the full-flavored lamb, he suggests bolder wines such as Cabernet Sauvignon (red) and Chardonnay (white). For dessert wine, try a fruity wine such as Muscat Canelli.

Recipes begin on page 133.



PHOTOGRAPHS: MICHAEL SKOTT FOOD STYLIST: JANET HERWIG REGIONAL EDITOR: HELEN HEITKAMP



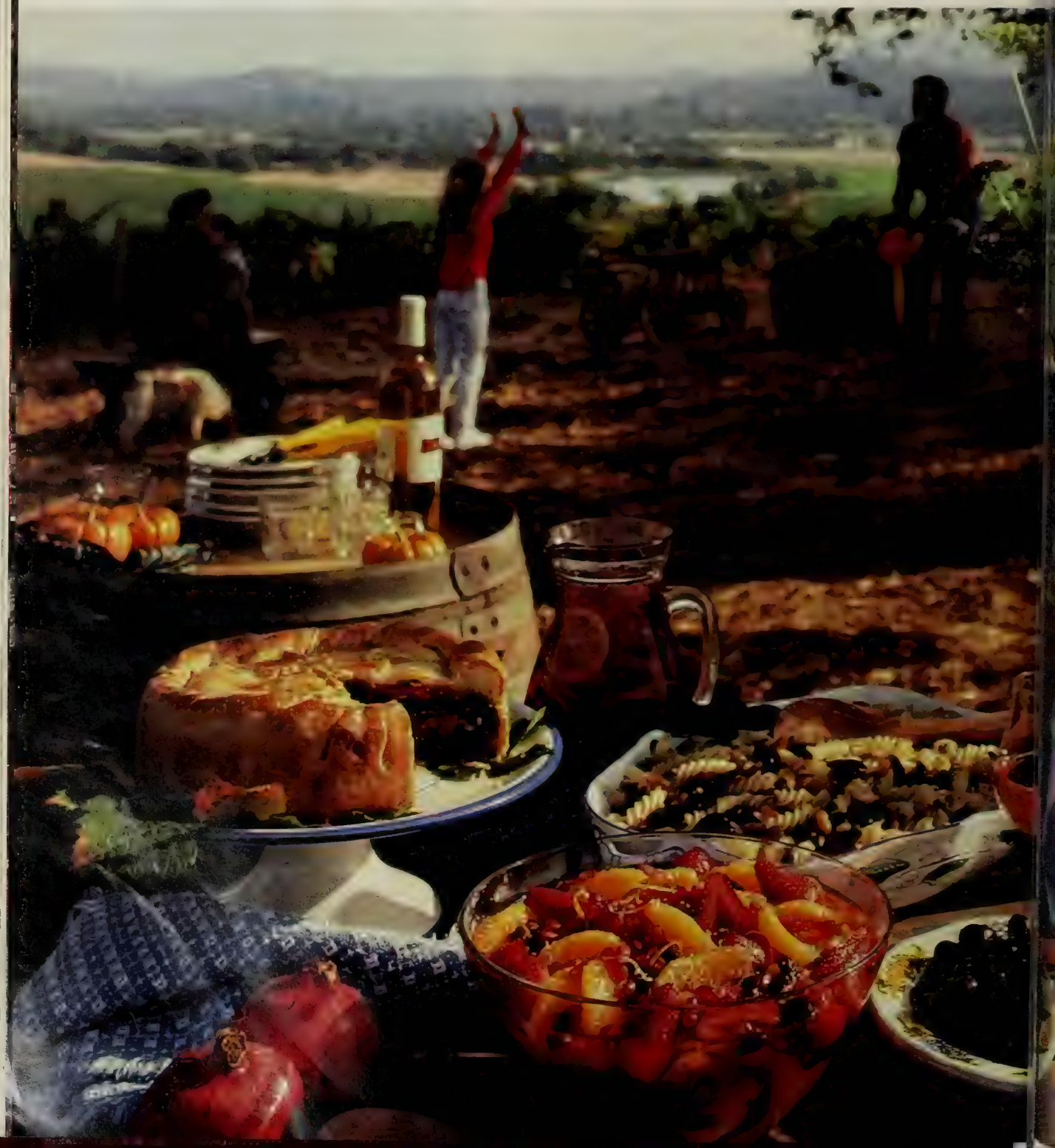
Christopher and Elizabeth, two of the eight Sebastiani kids, help in the garden.

casual cooking from Wine Country

an autumn picnic

Turn an Indian summer day into a memorable family picnic. When you serve Vicki's picnic menu, pack cherry juice for the kids and wine for the adults, as the Sebastianis do. When choosing wine for a picnic or anytime, Sam suggests:

- *Shop stores that have helpful staff. Before you shop, know how much you want to spend and what your menu is, then ask a salesperson for help in selecting wine.*



- *To help you recognize wine by the grape variety, American wineries usually list the name of the grape (such as Merlot) in large type on the label. For descriptions of wine varieties, see "Your Guide to Popular American Wines," page 130.*
- *When getting started, try a new wine each time you buy. When you find wines you like, jot down the grape, winery, and vintage so you can find the same wine again.*



Sam shows his family some grapevines ready for harvesting.



MENU

Italian 8-Layer Pie
On a brisk autumn day, this hearty main-dish pie, with layers of fall vegetables, salami, cheese, and pastry, really satisfies.

Fusilli Pasta Salad
Toss curly pasta with California favorites—golden raisins, olives, and pine nuts.

Country Compote
Marinate colorful fruits in a light-bodied wine such as Chenin Blanc. As the compote sits, the fruit soaks up the wine flavor.

Wine choice:
More delicately flavored wines, such as Chablis or White Zinfandel, go well with these picnic foods.

Recipes begin on page 138.



A family picnic just isn't complete without the dog.

casual cooking from Wine Country

appetizers for friends

The best match of food and wine is whatever combination you like the most. Sam and Vicki encourage serving two or three different wines with a buffet of foods, such as appetizers, so guests can choose what they prefer. They also advise:

- *There are no unbreakable rules for pairing food with wine, only suggested matches that seem to work well together.*
- *Usually, strong-flavored food goes best with a bolder wine, and more delicate food with a subtle wine. That is the basis for the often-used guideline, red wine with red meat and white wine with white meat and fish. There are delicious exceptions to this guide, so go ahead and experiment.*
- *If you prefer white wine with red meat, Sam suggests choosing a boldly flavored one, such as Chardonnay, Fumé Blanc, or a dry Chablis.*







MENU

Brie with Roasted Garlic
Warm, melty Brie with crisp apples tastes luscious and dresses up your appetizer table.

Viansa Goat Cheese Spread
Make-ahead appetizers, such as this sun-dried tomato and herb spread, leave you plenty of time to socialize.

Stuffed Miniature Squash
Take advantage of autumn's baby zucchini and pattypan squash. Pipe them full of avocado puree for a refreshing finger food.

Mushroom Caps with Pesto
Try a glass of Chardonnay with these homemade pesto-filled morsels.

Roasted Sweet Pepper Tart
The filling for this rich, delectable pastry mixes goat cheese, prosciutto, and dry white wine with the peppers.

Wine choice:
With a table of appetizers, try several wines, including a light-flavored red (such as Pinot Noir), a dry white (Chardonnay or Fumé Blanc), and a sparkling wine.

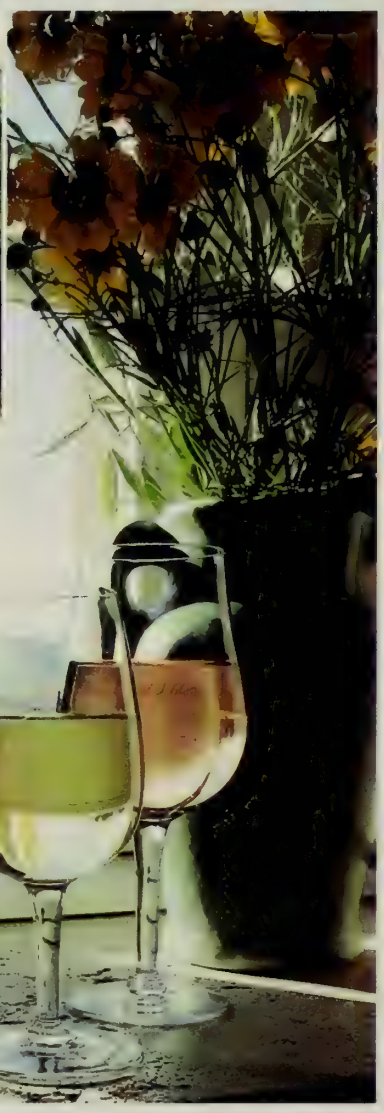
Recipes begin on page 142.

- *With white meat or fish, feel free to serve a light-bodied red, such as Gamay Beaujolais or Pinot Noir.*
- *When serving several wines throughout a meal, start with the most delicately flavored wine (usually a white, such as Chenin Blanc, or a Rosé) and end with the most full-bodied wine (such as Cabernet Sauvignon or Merlot).*
- *Dessert wines (also called fortified wines because of their higher alcohol content), such as Golden Sherry or Cream Sherry, Port, or Madeira, can be served in place of dessert. When serving a fortified wine along with dessert, Sam suggests that you choose a dessert that is no sweeter than the wine, or the wine will taste thin and less flavorful.*



Sam, who comes from a family of wine-makers, opened Viansa in 1990 with his wife, Vicki.





casual cooking from Wine Country

tips for serving wine

- *White wines taste best when served slightly chilled. Warmer temperatures tend to dull a white wine's flavor. To chill, refrigerate an unopened bottle for one to two hours. Or, immerse the bottle for 20 minutes in an ice bucket filled with ice and a little water.*
- *To get the full flavor from most red wines, serve them at cool room temperature (around 65 degrees).*
- *To open a bottle, Sam likes the Screwpull™. Center this opener's spiral over the cork and wind till the cork is free. The Ah-so™, another good choice, sends two prongs down the sides of the cork. It pulls the cork out much quicker and without damaging the cork. See page 80 for buying information.*
- *When stocking up on wineglasses, you have several choices. Tulip-shaped glasses work well for all wines. Some glasses are specially shaped for red and white wines. The larger, balloon-shaped glass heightens the flavor and aroma of red wines. A smaller, slightly curved glass helps white wine keep its chill and accentuates its delicate flavor and aroma.*

Your Guide to Popular American Wines

BURGUNDY (*BUR-gun-dee*): In the United States, Burgundy is a generic term for any blended red table wine. American Burgundies vary in flavor, depending on the grapes used, but the flavor is usually dry, mellow, and soft.

CABERNET SAUVIGNON (*kab-er-NAY so-vee-NYAWN*): A rich, dark, full-bodied, dry red wine that may remind you of berries, herbs, or even mint. When young, this wine can taste a little harsh or bitter. But when aged for more than three to five years (or even decades), it should be velvety smooth.

CHABLIS (*shah-BLEE*): Like Burgundy, in the United States Chablis is a generic name used for inexpensive white wines, made from a blend of different white grape varieties. Most American Chablis taste dry, fresh, and fruity, but their flavors do vary, depending on the grape varieties used.

CHARDONNAY (*shard-n-AY*): Pale and straw-colored, this wine is medium- to full-bodied and has a rich, crisp, applelike flavor. The Chardonnay grape is the most expensive among the white grapes.

CHENIN BLANC (*SHEN-in BLAWN*): This white has two versions, sweet or dry, and is usually fruity, pleasant, and refreshing.

continued on page 133

Common Wine Words

ACIDIC: A sharp or tart taste in a wine.
BODY: The feel of the wine in your mouth.
BOUQUET *OR* AROMA: The smell of wine, including odor of the grapes.
DRY WINE: A wine lacking sweetness.
HERBY: When a wine smells or tastes herblike.
TANNIN: A substance in grapes that causes the puckery feel from wine.
VINTAGE: The year the grapes were harvested (some years are better).



ZESTY CHICKEN AND RICE

Add ½ cup cubed cooked chicken and
1 cup cooked rice to Campbell's® Tomato Soup
prepared with water. Heat through.



TOMATO MAC 'N' BEEF

Add ¼ pound browned ground beef and
1 cup cooked elbow macaroni to Campbell's Tomato Soup
prepared with water. Heat through.



HEARTY VEGETABLES AND PASTA

Add ¾ cup cooked vegetables (sliced celery, sliced carrots
and peas) and 1 cup cooked corkscrew macaroni to
Campbell's Tomato Soup prepared with water. Heat through.



TOMATO GARDEN

Add ¼ cup chopped green pepper, ½ cup sliced mushrooms
and 1 cup cooked rice to Campbell's Tomato Soup
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Make It As Hearty As You Are Hungry.



Mm! Mm! Good!

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BRAVO!







IT'S EASY TO MAKE A GREAT IMPRESSION WITH NEW PILLSBURY CHOCOLATE CARAMEL BUNDT CAKE

casual cooking from Wine Country

continued from page 130

Your Guide to Popular American Wines

FUMÉ BLANC ***(Foo-may BLAWN):*** **This wine is actually a dry, crisp Sauvignon Blanc. "Fumé" means smoked in French, but this wine is neither smoked nor smoky tasting. In the French Loire Valley, ripe Sauvignon Blanc grapes take on a smoky hue. American winemakers use the word to describe this dry wine.**

GAMAY BEAUJOLAIS ***(Gam-MAY BO-zho-lay):*** **This is a light, fruity, fresh-tasting red that should be enjoyed within 2 to 3 years of the vintage listed on the label. Some wineries produce a "nouveau" or "primeur" Beaujolais. These should be consumed within the vintage year listed on the label and are generally lighter and fruitier than aged Beaujolais.**

GEWÜRTZTRAMINER ***(geh-vertz-trah-MEEN-er):*** **Known for its perfumy aroma and its spicy, rich flavor, this wine is often described as grapefruity in flavor with an aroma like rose petals.**



MERLOT ***(mare-LO):*** **This ruby red wine has much the same richness as Cabernet Sauvignon but tends to be mellower. You can expect a fruity flavor with a hint of currants and herb.**

PINOT NOIR ***(pee-no NWAR):*** **Like Cabernet Sauvignon, this wine is a good one to let age for several years before drinking. Or, buy a bottle that is 2 to 3 years old (check vintage). A good-quality Pinot Noir has a perfumy aroma and a smooth, rich, plum flavor.**

ROSÉ ***(Ro-ZAY)*** **Rosé wines are really just pale red wines. The grape skins are removed early in fermentation, before the usual red color can develop in the wine. Some rosés are made from specific grapes, such as Zinfandel, and some are made from a blend. They may be dry, sweet, or sparkling.**

SAUVIGNON BLANC ***(SO-vee-nyawn BLAWN):*** **You should get a spicy, slightly herblike flavor when sipping this white wine. It is fruity and usually on the dry side.**

ZINFANDEL ***(ZIN-fan-dell):*** **A grape originating in California, Zinfandel creates rich, fruity wines that range from light and refreshing in flavor to more intense and full-bodied. The light-bodied Zinfandels should be consumed at a young age and taste fruity and dry with a berrylike aroma. The fuller-bodied, aged Zinfandels develop a flavor reminiscent of currants, pepper, herbs, and spices. This grape also is used to make White Zinfandel wine, a fruity, pale pink wine.**

(Recipes pictured on pages 123-129.)

FRESH GREENS WITH FONTINA

You can rinse the greens earlier in the day and make the dressing 2 to 3 days in advance, but wait till just before serving to broil the cheese—

8 cups torn fresh spinach, stems removed
1 cup watercress, tough stems removed

• • •

¼ cup olive oil *or* salad oil
¼ cup dry red wine (such as Cabernet Sauvignon *or* Pinot Noir)
1 Tbsp. lemon juice
2 tsp. Dijon-style mustard
1 tsp. sugar
Fresh ground pepper to taste
¼ cup olive oil *or* salad oil
½ cup fine dry bread crumbs
2 tsp. dried Italian seasoning, crushed
8 oz. fontina cheese, cut into 16 wedges

● **Rinse spinach and watercress;** pat dry. Place in a large bowl; cover and chill till needed.

● **For dressing,** in a screw-top jar combine the first ¼ cup olive or salad oil, dry red wine, lemon juice, mustard, sugar, and pepper. Cover; shake well to mix. Chill till needed.

● **Just before serving,** preheat broiler. Pour remaining olive or salad oil into a small, shallow bowl. In another small, shallow bowl combine bread crumbs and Italian seasoning.

● **To serve, shake dressing;** pour over greens. Toss to coat. Place greens on 8 salad plates.

● **Dip each wedge of fontina cheese** in olive oil or salad oil, coating thoroughly. Roll each cheese wedge in the bread crumb mixture, covering all sides. Place cheese wedges on the unheated rack of a broiler pan. Don't let the sides of the cheese touch. Broil about 3 inches from the heat for 2 minutes or till brown and slightly softened. Watch cheese closely while broiling. Do not overcook or cheese will melt. Place 2 warm cheese wedges atop greens on each plate; serve at once. Makes 8 servings.

Nutrition information per serving: *277 cal. (73% from fat), 23 g fat, 33 mg chol., 10 g pro., 9 g carbo., 2 g dietary fiber, 358 mg sodium. U.S. RDA: 29% calcium, 12% iron, 71% vit. A, 31% vit. C, 16% riboflavin.*

continued on page 134



PASTA!

ROLL IT, SAUCE IT, FILL IT *WITH CALIFORNIA RIPE OLIVES*

Penne alla Napolitana

12 ounces penne (or other small tubular pasta)
4 tablespoons virgin olive oil, divided
2 tablespoons finely chopped garlic
1 cup pitted California Ripe Olives, sliced
1/4 cup (packed) fresh basil leaves, chopped
1 teaspoon bottled red pepper flakes
2 cups Tomato Sauce
1/2 cup cubed Mozzarella cheese
1/2 cup grated Parmesan cheese

For Pasta, drop penne into kettle of boiling water, return to boil and boil gently for 8 to 10 minutes or until al dente. Drain, toss with 1 tablespoon olive oil, return to pan and keep warm. **For sauce**, saute garlic slowly in 3 tablespoons olive oil in skillet until softened but not browned. Add olives, basil, red pepper and tomato sauce. Heat. Stir in cheeses and heat, stirring, until chunks begin to melt. Pour over pasta. Pass additional grated Parmesan cheese to sprinkle over if desired. Makes 4 servings.



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WINE COUNTRY

continued from page 133

CAL-ITAL GRILLED LAMB

The savory marinade and basting sauce also taste great on pork chops, beef brisket, and beef flank steak—

½ cup olive oil *or* cooking oil
⅓ cup red wine vinegar
⅓ cup dry red wine (such as Cabernet Sauvignon, Merlot, *or* Pinot Noir)
1 4-oz. can chopped green chili peppers
2 Tbsp. hot mustard
4 tsp. dried Italian seasoning, crushed
4 cloves garlic, minced

• • •

1 3- to 4-lb. leg of lamb, boned and butterflied*
1 8-oz. can tomato sauce
3 Tbsp. honey
Fresh rosemary sprigs (optional)

● **For marinade,** in a small mixing bowl combine olive or cooking oil, vinegar, wine, *undrained* chili peppers, mustard, Italian seasoning, and garlic; mix well.

● **Remove fell** (paper-thin, pinkish-red layer) from outer surface of lamb; trim fat from lamb. Place lamb in a shallow dish. Pour marinade over meat, turning to coat all sides. Cover and marinate in the refrigerator for 8 hours or overnight, turning once. Remove lamb from marinade, reserving *½ cup* of the marinade for the basting sauce.

● **For basting sauce,** stir together reserved marinade, tomato sauce, and honey.

● **In a covered grill arrange** *medium-hot* coals around a drip pan. Test for *medium-low* heat above the pan. Insert a meat thermometer into the lamb. Place the lamb, fat side up, on the grill rack over the drip pan but not over the coals. Lower the grill hood. Grill for 40 to 60 minutes or till thermometer registers 140°. During the last 10 minutes of grilling, brush frequently with the basting sauce. Let stand for 15 minutes before carving.

● **In a small saucepan heat** any remaining basting sauce to a full boil. Pass with meat. Garnish each serving with rosemary sprigs, if desired. Makes 8 servings.

continued on page 137



Timeless recipes in no time.

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VEG-ALL Stuffed Meatloaf

STUFFING:

1 16 oz. can VEG-ALL or VEG-ALL LITE Mixed Vegetables, drained
1 egg
2 Tbsp. seasoned dry bread crumbs

Combine all ingredients; set aside.

MEAT MIXTURE:

1½ lbs. lean ground beef
½ cup chopped onion
¼ cup catsup
¼ cup rolled oats
¼ cup seasoned dry bread crumbs
1 egg
1 Tbsp. Worcestershire sauce
1 tsp. black pepper
1 tsp. seasoned salt
½ tsp. garlic powder

Combine "Meat Mixture" ingredients. Spread half in ungreased loaf pan. Spread VEG-ALL stuffing over meat. Smooth remaining meat mixture over stuffing. Bake at 375°F, 45-55 min. Cool 10 min. Serve with catsup.

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WINE COUNTRY

continued from page 134

***Note:** When purchasing the leg of lamb for Cal-Ital Grilled Lamb, have your butcher bone it for you. The 3- to 4-pound weight given above is with the bone in.

***Nutrition information per serving:** 290 cal. (58% from fat), 19 g fat, 72 mg chol., 21 g pro., 10 g carbo., 1 g dietary fiber, 324 mg sodium. U.S. RDA: 12% iron, 15% vit. C, 11% thiamine, 21% riboflavin, 41% niacin.*

PASTA WITH RED PEPPER SAUCE

If you're pressed for time, opt for purchased roasted red sweet peppers. Look for the peppers at your grocery store or any specialty food shop—

10 oz. spinach *or* plain fettuccine *or* linguine
2 large red sweet peppers, roasted (for roasting instructions, see tip *at right*) *or* one 12-oz. jar roasted red sweet peppers, drained
¾ cup dairy sour cream
2 Tbsp. dry white wine (such as Chardonnay)
½ tsp. salt
⅛ tsp. pepper
Red sweet pepper, cut into bite-size pieces (optional)

● **Cook pasta** according to package directions. Meanwhile, in a food processor or blender container, place roasted peppers. Process or blend till smooth. In a medium saucepan heat the roasted pepper mixture for 2 to 3 minutes on medium-low or till bubbly. Gradually stir in the sour cream, wine, salt, and pepper. Heat through, but do not boil.

● **To serve, drain** the pasta. Ladle the pepper sauce atop hot, cooked pasta. Sprinkle with additional red pepper pieces, if desired. Makes 8 side-dish servings.

***Nutrition information per serving:** 184 cal. (25% from fat), 5 g fat, 10 mg chol., 6 g pro., 28 g carbo., 3 g dietary fiber, 158 mg sodium. U.S. RDA: 15% vit. A, 36% vit. C, 15% thiamine, 13% niacin.*

Roasting Sweet Peppers

Quarter the sweet peppers then remove stems, seeds, and membranes. Place, cut side down, on a baking sheet. Bake in a 425° oven for 20 to 25 minutes or till skins are blistered and dark. Remove from baking sheet; immediately place in a paper bag. Close bag and let stand about 30 minutes to steam so the skin peels away more easily. With a knife, remove skin from peppers, pulling skin off in strips. Discard skin.

CHOCOLATE PEANUT SOUFFLÉ

Serve this marbled chocolate and peanut butter dessert piping hot—

3 Tbsp. finely chopped unsalted peanuts
½ cup chunky-style peanut butter
8 egg whites, at room temperature
½ cup sugar
1 1-oz. square semisweet *or* unsweetened chocolate, melted and cooled

continued on page 138

WINE COUNTRY

continued from page 137

● **Preheat oven to 450°.** Generously butter a 1½-quart soufflé dish. Sprinkle bottom and sides of dish with chopped peanuts.

● **Place the peanut butter** in a medium mixing bowl. In a large mixer bowl beat the egg whites with an electric mixer on medium-high speed till frothy. Gradually add the sugar and beat on high speed till soft peaks form (tips curl).

● **Stir** about *1 cup* of the beaten egg whites into peanut butter to lighten; stir peanut butter mixture till smooth and even colored. Gently fold the peanut butter mixture into remaining beaten egg whites (be careful not to overmix). Turn into the prepared soufflé dish.

● **Drizzle melted chocolate** atop soufflé mixture. Run a knife through the mixture to create a marbled effect with the chocolate, being careful not to scrape peanuts from sides of the dish.



Drizzle chocolate atop soufflé mixture and swirl a knife through the chocolate to create a marbled effect.

● **Place soufflé dish** in center of preheated oven and immediately reduce temperature to 375°. Bake for 20 to 25 minutes or till a knife inserted near the center of the soufflé comes out clean. Do not overbake. Serve the soufflé immediately, using 2 forks to gently divide soufflé into 6 to 8 portions. Makes 6 to 8 servings.

Nutrition information per serving: *263 cal. (47% from fat), 15 g fat, 0 chol., 12 g pro., 25 g carbo., 2 g dietary fiber, 178 mg sodium. U.S. RDA: 19% riboflavin, 27% niacin.*

ITALIAN 8-LAYER PIE

To tote this savory pie to a picnic, just leave it in the pan. Wrap the pan in heavy foil, several layers of newspapers, or a heavy towel. Then, place it in an insulated container. The pie should stay hot for up to 2 hours—

2½ cups all-purpose flour
½ cup cold butter *or* margarine, cut into pieces
1 egg
1 egg white
2 Tbsp. milk

• • •

1 large red sweet pepper, roasted (for roasting instructions, see tip box, *page 137*) *or* 1 cup purchased roasted red sweet peppers
1 10-oz. pkg. frozen chopped spinach, thawed
1 large fennel bulb, trimmed and coarsely chopped (1 cup)
2 medium leeks, thinly sliced (⅔ cup)
2 Tbsp. olive oil *or* cooking oil
1 cup ricotta cheese
1 cup shredded mozzarella cheese (4-oz.)
¼ cup purchased pesto *or* Homemade Pesto (see recipe, *page 140*)
¼ cup grated Parmesan cheese
1 egg yolk
4 oz. salami, coarsely chopped (¾ cup)
1 beaten egg yolk

● **To make dough** in the food processor, place the steel blade in the processor bowl. Add flour, cold butter, and ¼ teaspoon *salt.* Process with several on/off turns till mixture resembles coarse cornmeal. Combine egg, egg white, and milk; add to processor and process till mixture forms a ball. (*Or,* for the mixing bowl method, combine flour and ¼ teaspoon *salt* in a medium mixing bowl; cut in butter till mixture resembles coarse crumbs. Add egg mixture; mix with a spoon or your hands till mixture forms a ball.) Cover dough; chill while preparing filling.

● **For filling,** cut roasted sweet pepper into strips; set aside. Drain spinach, squeezing to remove excess liquid. In a 10-inch skillet cook fennel and leeks in hot oil for 5 to 7 minutes or till tender. In a mixing bowl stir together drained spinach, ricotta, mozzarella, pesto, Parmesan, the first egg yolk, and ⅛ teaspoon *pepper.*

● **On a lightly floured surface roll** *two-thirds* of the chilled dough into a 12-inch-diameter circle. Place the dough in an 8-inch springform pan (the dough will go about 2½ inches up the sides). Press pleats in dough as necessary to fit. Spread the bottom crust with *half* of the fennel mixture. Top with *half* of the spinach mixture, *half* of the salami, and *half* of the red pepper strips. Repeat layers.



To seal the Italian pie, use your fingers to pinch the edge of the bottom dough over the top layer of dough.

● **Roll remaining dough** into an 8-inch circle; place atop filling. (You may want to save a few dough scraps for decorating the top of the pie.) Fold excess bottom crust over top crust; crimp edge to seal. If desired, cut reserved dough scraps into shapes and use to decorate the top of the pie. Or, cut a design, such as a leaf or a flower, out of the top. (If you don't cut a design out of top crust, make a few slits in the top crust to let steam escape while baking.) Brush with remaining egg yolk. Bake in a 375° oven about 50 minutes or till golden. Let stand 10 to 15 minutes. Remove sides of pan to serve. Serves 10 to 12.

To bake and chill ahead: Bake pie as directed; cool. Chill pie in pan about 1 hour. Remove from pan, wrap in foil, and chill for up to 2 days. Before serving, heat, wrapped in foil, in a 350° oven for 50 to 55 minutes or till heated through.

To bake and freeze ahead: Bake pie as directed; cool. Chill pie in pan about 1 hour. Remove from pan, wrap in foil, and freeze for up to 1 month. To serve, thaw overnight in the refrigerator. Heat, wrapped in foil, in a 350° oven for 50 to 55 minutes.

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WINE COUNTRY

continued from page 138

Nutrition information per serving: *404 cal. (54% from fat), 25 g fat, 118 mg chol., 15 g pro., 31 g carbo., 2 g dietary fiber, 465 mg sodium. U.S. RDA: 33% calcium, 19% iron, 64% vit. A, 51% vit. C, 35% thiamine, 36% riboflavin.*

HOMEMADE PESTO

Use this flavorful basil filling in the Italian 8-Layer Pie or for the Mushroom Caps with Pesto—

- ¼ **cup olive oil *or* cooking oil**
- ½ **cup chopped walnuts *and/or* pine nuts**
- 2 **cups snipped fresh basil**
- ½ **cup grated Parmesan cheese**
- 4 **cloves garlic, peeled and quartered**
- **Pepper to taste**

● **In a food processor bowl** or blender container place the oil, chopped nuts, basil, Parmesan cheese, and garlic. Process or blend till smooth. Add pepper to taste. Makes about 1 cup.

Nutrition information per tablespoon: *79 cal. (71% from fat), 7 g fat, 2 mg chol., 2 g pro., 4 g carbo., 1 g dietary fiber, 52 mg sodium. U.S. RDA: 15% vit. C.*

FUSILLI PASTA SALAD

Leftovers? Just cover and chill them. This sweet and tangy salad tastes great the next day, too—

- ½ **cup dry white wine (such as Chardonnay *or* dry Chablis)**
- 1¼ **cups light raisins**
- 8 **oz. fusilli pasta, broken, *or* corkscrew pasta**
- 1½ **cups whole Greek olives *or* ripe olives, pitted and quartered**
- 3 **Tbsp. olive oil *or* salad oil**
- 3 **Tbsp. lemon juice**
- 2 **Tbsp. snipped fresh herb (such as tarragon, basil, *or* chives)**
- 1 **Tbsp. minced shallots *or* chopped green onion**
- 1 **Tbsp. Dijon-style mustard**
- ½ **tsp. salt**
- ½ **tsp. pepper**
- ½ **cup toasted pine nuts *or* broken walnuts**

● **In a small saucepan heat** the wine over medium heat just till warm. Add raisins. Let stand for 15 to 30 minutes to plump; drain, reserving wine. Set both aside.

● **Cook the pasta** in lightly salted boiling water according to package directions. Drain in a colander, then rinse under cold water; drain again. In a large serving bowl toss together cooled pasta, raisins, and olives; set aside.

● **For dressing,** in a screw-top jar combine reserved wine, olive or salad oil, lemon juice, fresh herb, shallots or green onion, mustard, salt, and pepper. Cover and shake well to mix. Pour dressing over pasta mixture; toss to coat. Cover and chill salad for 3 to 24 hours. Just before serving, add nuts and toss. Makes 10 to 12 side-dish servings.

Nutrition information per serving: *242 cal. (33% from fat), 9 g fat, 0 mg chol., 6 g pro., 37 g carbo., 2 g dietary fiber, 237 mg sodium. U.S. RDA: 12% iron, 27% thiamine, 13% riboflavin, 13% niacin.*



Cooking Without Wine or Liquor

The following ingredient substitutions show how you can prepare nonalcoholic versions of most recipes that call for wine or alcohol.

Wine: **Use an equal amount of unsweetened grape juice in place of red wine. For a white wine substitute, use an equal amount of apple juice or white grape juice. Taste your recipe before sweetening, because these fruit juices may be sweeter than the wine called for in the recipe.**

You can also use an equal amount of broth or one of the nonalcoholic wines on the market. Or, if the recipe calls for another liquid as well as wine, simply use more of that liquid to replace the wine. You may need to increase the seasonings in the recipe to compensate for the lost wine flavor.

Liquor (brandy, rum, bourbon, and whiskey): **Replace the liquor with half the amount of an unsweetened fruit juice. Or, substitute ¼ teaspoon of an extract, such as rum extract, per ½ cup liquor.**

Liqueur or fortified wine (amaretto, coffee liqueur, Port, and Sherry): **Try half the amount of a sweetened fruit juice (strong coffee for coffee liqueur). Taste before adding sugar.**

Beer: **Use an equal amount of nonalcoholic beer or broth.**

COUNTRY COMPOTE

Serve family and friends this refreshing fruit combo for a light dessert. It transports easily for outdoor gatherings and can be made ahead—

- **½ cup raisins**
- **2 cups fruity white wine (such as Chenin Blanc)**
- **¼ cup honey**
- **2 tsp. finely shredded lemon peel**
- **4 oranges**
- **2 cups sliced fresh strawberries *or* 2 medium pears, cut into bite-size pieces**
- **1 pomegranate (optional)**

● **In a small container place** raisins and wine; cover and soak overnight. To prepare the compote, drain raisins, reserving wine; set raisins aside.

● **In a medium saucepan combine** reserved wine, honey, and lemon peel. Bring to boiling; reduce heat and simmer, uncovered, for 2 minutes. Cool.

● **With a sharp knife, remove** and discard the peel and white membrane from the oranges. Section oranges, and cut each section in half. Add the oranges and raisins to the wine mixture and carefully toss. Transfer to a large serving bowl. Chill, covered, for at least 4 hours or up to 24 hours.

● **To serve,** halve the pomegranate; peel back rind and use fingers to push out the seeds. (You can do this a day ahead.) Place in a small plastic bag and chill. Top the orange mixture with strawberries or pears and sprinkle with pomegranate seeds. Serves 6.

Nutrition information per serving: *193 cal. (2% from fat), 0 g fat, 0 mg chol., 2 g pro., 37 g carbo., 4 g dietary fiber, 7 mg sodium. U.S. RDA: 127% vit. C.*

continued on page 142

OU A GORGEOUS HUNK.

SOUPED UP POT ROAST

3-3½ lb. pot roast (rump, chuck or round), 1 envelope Lipton® Onion, Beefy Onion, Beefy Mushroom, or Onion-Mushroom Soup Mix, 2¼ c. water

In Dutch oven, brown roast over medium heat. Add soup mix blended with water. Simmer covered, turning occasionally, 2½ hrs. or until tender. Thicken gravy. Serves 6. MICROWAVE: In 3-qt. casserole, blend soup mix with 1¼ c. water. Microwave at HIGH 5 min. Add roast; microwave uncovered 10 min., turning once. Microwave covered at DEFROST, turning occasionally, 50 min. or until tender. Let stand 10 min.



Soup it up with Lipton.

WINE COUNTRY

continued from page 141

BRIE WITH ROASTED GARLIC

When roasted, the garlic becomes mellow and slightly sweet—

2 whole heads garlic
¼ cup olive oil *or* cooking oil
1 2 lb. Brie wheel *or* four 4½-oz. Brie wheels, well chilled
½ cup whole Greek olives *or* ripe olives, pitted and quartered
4 tsp. finely snipped fresh parsley
Apple wedges *or* warm sourdough *or* French bread

● **Place whole heads of garlic** in a heavy saucepan with olive or cooking oil. Cook and stir over medium heat for 5 minutes. Cover and reduce heat to medium-low for 15 minutes or till garlic is soft. Remove heads of garlic from oil; drain on paper towels; cool.

● **To assemble Brie,** carefully slice the thin rind off one of the flat sides of the Brie wheel(s). Place on a baking sheet, cut side up. Divide heads of garlic into cloves and peel. With a small, sharp knife, slice cloves diagonally, being careful not to completely sever each slice. Gently press garlic cloves into fans. Arrange garlic fans and olives atop Brie wheel(s)*.

● **Bake, uncovered,** in a 400° oven for 10 to 12 minutes or till Brie is warm and slightly softened. Sprinkle warm Brie with parsley. Carefully transfer to a plate and serve with apple wedges or bread. Makes 16 servings.

***To make ahead:** At this point, you can wrap the Brie wheel(s) in plastic wrap and chill for up to 3 days. Before serving, heat through as directed.

***Nutrition information per serving:** 96 cal. (76% from fat), 8 g fat, 16 mg chol., 4 g pro., 2 g carbo., 0 g dietary fiber, 134 mg sodium.*

VIANSA GOAT CHEESE SPREAD

Goat's cheese, also called chèvre, is a soft, slightly pungent cheese made from goat's milk. Look for goat's cheese in the cheese cooler or deli at your grocery store. Or, try a specialty market—

½ cup butter, at room temperature
4 oz. soft goat's cheese (chèvre), at room temperature
4 oz. cream cheese, at room temperature
1 Tbsp. snipped fresh tarragon *or* 1 tsp. dried tarragon, crushed
1 Tbsp. snipped fresh chives *or* chopped green onion tops
1 Tbsp. snipped fresh rosemary *or* 1 tsp. dried rosemary, crushed
½ tsp. ground white pepper
3 Tbsp. chopped sun-dried tomatoes (not oil pack)
Breadsticks, baguette slices, crackers, *and/or* assorted vegetable dippers
Fresh tarragon *or* rosemary sprigs (optional)

● **In a mixer bowl** or food processor bowl place butter, goat's cheese, and cream cheese. Beat with an electric mixer or process in food processor till thoroughly combined. Stir in tarragon, chives or onion tops, rosemary, and pepper.

● **In a small bowl cover** dried tomatoes with boiling water; let stand for 2 minutes. Drain well. With a paper towel, blot tomatoes dry; carefully fold tomatoes into cheese mixture so that they do not bleed. Cover and chill till serving time, up to 24 hours.

● **To serve, let stand at** room temperature for about 45 minutes or till spreadable. Garnish with tarragon or rosemary sprigs, if desired. Serve with breadsticks, bread, crackers, and/or assorted vegetable dippers. Makes about 1¾ cups spread.

***Nutrition information per tablespoon of spread:** 61 cal. (86% from fat), 6 g fat, 17 mg chol., 1 g pro., 1 g carbo., 0 g dietary fiber, 59 mg sodium.*

STUFFED MINIATURE SQUASH

If baby vegetables are unavailable at your store, use 8 small zucchini and increase the cooking time to 5 minutes. Cut and scoop out each zucchini as directed, except cut the squash in half crosswise before filling (to make 4 appetizers per zucchini)—

16 to 20 baby zucchini *and/or* baby yellow scallopini squash
2 ripe avocados, halved, seeded, and peeled
2 Tbsp. lemon juice
1 Tbsp. snipped fresh basil *or* 1 tsp. dried basil, crushed
½ tsp. garlic salt
¼ tsp. pepper

● **In a large saucepan cook** baby zucchini and/or scallopini squash, covered, in a small amount of boiling water for 2 to 3 minutes or till crisp-tender. Drain; chill squash till cool.

● **For zucchini,** cut each in half lengthwise. With a small spoon, scoop out most of the flesh from each zucchini, leaving a shell ¼ inch thick.



With a spoon, scoop out the flesh of each baby squash to make room for the avocado filling.

● **For scallopini squash,** using a knife or apple corer, cut around stem. With a spoon, remove stem and hollow out as much of the flesh as you can, working from the hole in top of the squash (do not break through the bottom skin).

● **In a blender container** or food processor bowl combine avocados, lemon juice, fresh or dried basil, garlic salt, and pepper. Blend or process till smooth. Using a pastry bag fitted with a large star tip, pipe filling down the center of the zucchini cavity and/or in the scallopini squash cavity. (*Or,* just spoon filling in each.) Serve immediately. (The filling darkens upon standing.) Makes 16 to 20 appetizers.

***Nutrition information per appetizer:** 58 cal. (55% from fat), 4 g fat, 0 mg chol., 2 g pro., 5 g carbo., 4 g dietary fiber, 58 mg sodium. U.S. RDA: 22% vit. C, 11% thiamine.*

ROASTED SWEET PEPPER TART

Serve this fabulous tart with the same kind of wine you used in the creamy cheese filling—

1 red sweet pepper, roasted (for roasting directions, see *page 137*)
½ of an 11-oz. pkg. piecrust mix (1⅓ cups)
8 oz. soft goat's cheese (chèvre) (1 cup)

continued on page 144



MAKE A LITTLE. MAKE A LOT. MEASURE OUT JUST ENOUGH.

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WINE COUNTRY

continued from page 142

½ cup light cream
3 eggs
¼ cup dry white wine (such as Sauvignon Blanc *or* Chardonnay)
2 oz. lean prosciutto *or* Canadian-style bacon, finely chopped
Chives *or* green onion tops (optional)
Fresh basil leaves (optional)

● **Cut *one-fourth*** of the roasted pepper into strips; reserve. Chop remaining roasted pepper; set aside.

● **Prepare pastry** according to package directions for half the package of pastry. Roll piecrust into a 13x10-inch rectangle or a 12-inch circle. Ease the rectangular piecrust into an 11x8x1-inch rectangular tart pan with a removable bottom. For the round piecrust, ease pastry into a 10-inch round tart pan. To trim away excess dough, use your fingers or a rolling pin to press excess dough against the pan edge; remove and discard excess dough. Line piecrust with heavy foil. Bake in a 425° oven for 5 minutes. Remove foil. Continue baking for 5 to 7 minutes or till pastry is nearly done.

● **Meanwhile, for filling,** in a medium mixer bowl beat goat's cheese, cream, and eggs with an electric mixer on low speed till smooth. Stir in wine. Add chopped roasted pepper and the prosciutto or bacon, mixing well. Pour the filling into the baked piecrust on an oven rack. Decorate with roasted pepper strips. For roasted pepper flowers, if desired, place pepper strips in flowerlike designs, leaving room for chives or onion greens (flower stems) and basil (flower leaves) after baking.

● **Reduce oven temperature** to 375°. Bake 20 to 25 minutes for the rectangular tart (30 to 35 minutes for the round tart) or a till knife inserted near center comes out clean. Let cool 15 minutes on a rack. For flower design, use chives or onion greens for stems and basil as leaves for the roasted pepper flowers. Makes 12 servings.

Nutrition information per serving: *187 cal. (63% from fat), 13 g fat, 78 mg chol., 9 g pro., 8 g carbo., 0 g dietary fiber, 297 mg sodium. U.S. RDA: 23% calcium, 16% vit. A, 21% vit. C.*

MUSHROOM CAPS WITH PESTO

Guests can easily nibble on these bite-size appetizers while mingling—

1 recipe Homemade Pesto (see recipe, *page 140*)
24 to 28 fresh mushrooms, 1½ inches in diameter
Walnut halves *or* pine nuts (optional)

● **Prepare Homemade Pesto.** Remove and discard stems from mushrooms. Clean mushrooms. Spoon a rounded *teaspoon* of pesto into each mushroom cap. Place a walnut half or several pine nuts atop each.

● **Bake in a 425° oven** about 10 minutes or till hot. Drain on paper towels. Serve warm. Makes 24 to 28.

Nutrition information per mushroom: *57 cal. (66% from fat), 4 g fat, 1 mg chol., 2 g pro., 3 g carbo., 1 g dietary fiber, 35 mg sodium. U.S. RDA: 11% vit. C.*

NUTRITION INFORMATION

HOW TO MAKE IT WORK FOR YOU

EVERY RECIPE ANALYZED

With each recipe, we give important nutrition information. The calorie count of each serving and the amount, in grams, of fat, cholesterol, protein, carbohydrate, fiber, and sodium help you keep tabs on what you eat. We also include the percent of calories from fat.

You can check the vitamin and mineral levels of each recipe serving. These are noted in percentages of the United States Recommended Daily Allowance (U.S. RDA), whenever values exceed 10 percent of the recommended amount. (The U.S. RDAs are dietary standards developed by the Food and Drug Administration.)

HOW WE ANALYZE

We omit optional ingredients from the nutrition analysis.



Our seal assures you that every recipe has been tested in the *Better Homes and Gardens®* Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

When ingredient options appear in a recipe (such as margarine *or* butter), we use the first one mentioned for analysis. The ingredient order does not mean we prefer one ingredient over the other.

We use the first serving size listed when a range is given.

WHAT YOU NEED

Use our analyses to chart the nutrition value of the foods you eat and the recipes you prepare. Nutritionists suggest that healthy adults follow these daily recommendations:

Protein: About 15% of calories
Fat: No more than 30% of calories
Carbohydrate: About 55% of calories
Cholesterol: No more than 300 milligrams
Sodium: 500 to 3,000 milligrams
Dietary fiber: 20 to 30 grams

For example, a moderately active woman who consumes about 2,000 calories a day needs: about 75 grams of protein, no more than 67 grams of fat, and 275 grams of carbohydrate. In general, moderately active males and teenagers need more calories.

SHOW YOUR KIDS HOW TO BUILD A SUBMARINE TONIGHT.

FALL FRUIT CONSERVES
Lush spreads for breakfast

Brighten your breakfasts with homemade conserves—a jamlike spread with dried fruits or nuts and extra-good taste. These spreads let cooks take advantage of abundant fall and winter pears, apples, and cranberries. And, everyone can enjoy the fresh fruit taste all winter long.

Just fix and freeze Fall Pear-Cranberry Conserve. Or, process jars of Apple-Nutmeg Conserve for long-term shelf storage.



SCOTT LITTLE

Spread a luscious conserve over muffins, toast, biscuits, and scones.



FALL PEAR-CRANBERRY CONSERVE

Don't bother with canning this spread. Instead, refrigerate or freeze the conserve for long-term storage—

6½ cups sugar
1 cup cranberries
½ cup water

1½ to 2 lb. pears, cored, peeled, and very finely chopped (should have 3 cups chopped pears total)
¾ cup finely chopped walnuts *or* pecans
2 tsp. finely shredded lemon peel
1 6-oz. pkg. liquid fruit pectin (2 foil pouches)
⅓ cup lemon juice

In a 3-quart saucepan combine the sugar, cranberries, and water. Bring to boiling, stirring frequently till sugar is dissolved. Remove from heat. Add chopped pears, nuts, and lemon peel. Let stand 10 minutes, stirring occasionally. Combine the pectin and lemon juice; add to pear mixture. Stir for 3 minutes.

Ladle at once into clean half-pint jars or freezer containers, leaving a ½-inch headspace. Seal; label. Let stand several hours or till conserve is set. Store up to 3 weeks in the refrigerator or 1 year in the freezer. Thaw frozen conserves in the refrigerator before serving. Makes 8 half-pints.

Nutrition information per tablespoon: *47 cal. (8% from fat), 0 g fat, 0 mg chol., 11 g carbo., 0 g pro., 0 mg sodium, 0 g dietary fiber.*

APPLE-NUTMEG CONSERVE

A full rolling boil means that the mixture is boiling so rapidly that you can't stir it down with a spoon—

5 cups chopped peeled apples
1 cup water
⅓ cup lemon juice

1 1¾-oz. pkg. powdered fruit pectin
4 cups sugar
1 cup light raisins
½ tsp. ground nutmeg

In a 6- or 8-quart Dutch oven combine the chopped apples, water, and lemon juice. Bring to boiling; reduce heat. Simmer, covered, for 10 minutes. Stir in powdered pectin and bring to a full rolling boil, stirring constantly. Stir in sugar and raisins. Return to a full rolling boil. Boil hard for 1 minute, stirring constantly. Remove from heat. Stir in ground nutmeg. Ladle at once into hot, sterilized half-pint jars, leaving a ¼-inch headspace. Adjust lids. Process in boiling-water canner for 5 minutes (start timing after water boils). Makes 6 half-pints.

Nutrition information per tablespoon: *43 cal. (0% from fat), 0 g fat, 0 mg chol., 11 g carbo., 0 g pro., 1 mg sodium, 0 g dietary fiber.*

ABOUT PECTIN

Besides fresh fruit, conserve making calls for a special ingredient. Pectin, which is naturally present in some fruits, is what makes jams, jellies, and conserves gel. Commercial pectin is available in both liquid and powdered form. These two products are not interchangeable, so be sure to use the pectin called for in your recipe.

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WE GROW BETTER SNACKS

Del Monte Quality

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WIN MONEY FOR YOUR RECIPES
See Page 153 For Details

PRIZE TESTED RECIPES®

BEST-EVER SOUPS AND STEWS

File under Soups and Stews
October 1991



$200 WINNER *Nancy Savoie, Houston, Tex.*

TEX-MEX TORTILLA SOUP

Nancy loves the tortilla soup served in a favorite Houston restaurant. After experimenting in her own kitchen, she came up with this homemade version. We also think it's tops!

- **2 whole large chicken breasts (about 2 lb.), skinned and boned**
- **2 cups water**
- **1 14½-oz. can beef broth**
- **1 14½-oz. can chicken broth**
- **1 14½-oz. can tomatoes, cut up**
- **½ cup chopped onion**
- **¼ cup chopped green pepper**
- **1 8¾-oz. can whole kernel corn, drained**
- **1 tsp. chili powder**
- **½ tsp. ground cumin**
- **⅛ tsp. ground black pepper**
- **Tortilla chips (about 3 cups), coarsely crushed**
- **4 oz. Monterey Jack cheese, shredded (about 1 cup)**
- **1 avocado, peeled, seeded, and cut into chunks (optional)**
- **Snipped cilantro (optional)**
- **Lime wedges (optional)**

Cut chicken into 1-inch cubes; set aside. In a large saucepan combine water, beef broth, chicken broth, *undrained* tomatoes, onion, and green pepper. Bring to boiling. Add chicken; reduce heat. Cover and simmer for 10 minutes. Add corn, chili powder, cumin, and pepper. Simmer, covered, for 10 minutes more. To serve, place crushed tortilla chips into each bowl. Ladle soup over tortilla chips. Sprinkle with cheese, avocado, and cilantro, if desired. Serve with lime wedges, if desired. Makes 6 servings.

Nutrition information per serving: *289 cal. (40% from fat), 13 g fat, 60 mg chol., 26 g pro., 19 g carbo., 2 g dietary fiber, 829 mg sodium. U.S. RDA: 28% calcium, 12% iron, 14%*

Punch along here and file punched pages in your *New Cook Book.*

PRIZE TESTED RECIPES®

PIES AND TARTS

File under Pies
October 1991



$200 WINNER *Irene Williams, Andover, N.J.*

CARAMEL-CHOCOLATE PECAN PIE

A creamy cheesecake layer tops the rich chocolate-caramel filling, all in a flaky crust—

- **1 cup pecan pieces**
- **1 9-inch unbaked pastry shell**
- **1 6-oz. pkg. semisweet chocolate pieces (1 cup)**
- **½ cup caramel ice-cream topping**
- **1 8-oz. pkg. cream cheese, softened**
- **1 8-oz. carton dairy sour cream**
- **½ cup sugar**
- **1 tsp. vanilla**
- **3 eggs**
- **Unsweetened cocoa powder (optional)**

Sprinkle pecans evenly in unbaked pastry shell; sprinkle with chocolate pieces and drizzle with caramel topping. Set aside.

In a medium mixing bowl beat cream cheese, sour cream, sugar, and vanilla till smooth. Add eggs, beating on low speed of an electric mixer just till combined. Pour over caramel topping in crust. Bake in a 350° oven about 45 minutes or till center appears set. Cool. Chill, covered, for at least 1 hour before serving. Sift cocoa powder lightly over pie, if desired. Makes 8 to 10 servings.

Nutrition information per serving: *640 cal. (60% from fat), 44 g fat, 123 mg chol., 10 g pro., 57 g carbo., 2 g dietary fiber, 243 mg sodium. U.S. RDA: 11% calcium, 15% iron.*

PRIZE TESTED RECIPES®
TO ADD TO YOUR COOKBOOKS

BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®

PIES AND TARTS

File under Pies
October 1991



$100 WINNER *Mrs. Connie Beckwith, North Franklin, Conn.*

CRANBERRY RIBBON PIE

We predict that cranberries and cream will become your favorite combination—

- **1½ cups all-purpose flour**
- **3 Tbsp. sugar**
- **3 Tbsp. finely chopped almonds**
- **⅓ cup cooking oil**
- **3 Tbsp. milk**
- **1 16-oz. can whole cranberry sauce**
- **1 Tbsp. cornstarch**
- **1 Tbsp. cranberry liqueur**
- **1½ cups white baking pieces**
- **1 egg**
- **¼ tsp. almond extract**
- **2 cups whipping cream**
- **2 Tbsp. powdered sugar**
- **1 tsp. vanilla**

In a bowl combine flour, *1 tablespoon* of the sugar, almonds, and ½ teaspoon *salt.* Combine oil and milk; stir into flour mixture. Press onto bottom and sides of a 9-inch pie plate. Prick crust with a fork. Bake in a 400° oven for 12 to 14 minutes. Cool.

Meanwhile, in a saucepan combine cranberry sauce, cornstarch, and remaining sugar. Cook and stir to boiling; cook for 1 minute more. Stir in liqueur. Cool.

For candy filling, in a small saucepan melt white baking pieces over low heat; remove from heat. Slightly beat egg and 2 tablespoons *water.* Gradually stir *half* of the melted pieces into the egg. Add egg mixture to saucepan; cook and stir over medium heat about 7 minutes or till thickened. Remove from heat. Stir in almond extract; cool.

Beat cream, powdered sugar, and vanilla with electric mixer to soft peaks; reserve *half.* Fold remainder into egg mixture. Spoon *half* of the candy filling into pie shell. Reserve ¼ cup cranberry mixture; spread remaining over candy filling. Top with remaining candy filling. Decorate with reserved whipped cream and cranberry mixture. Sprinkle with toasted *almonds,* if desired. Chill for up to 8 hours. Serves 8.

Clip along here and file punched pages in your *New Cook Book.*

BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®

BEST-EVER SOUPS AND STEWS

File under Soups and Stews
October 1991



$100 WINNER *Jane B. Adams, Fort Collins, Colo.*

TOMATO-MUSHROOM SOUP

Jane often serves this mushroom-packed soup over a toasted slice of French bread—

- **1 medium onion, halved, thinly sliced, and separated into rings**
- **1 clove garlic, minced**
- **1 Tbsp. margarine *or* butter**
- **1 Tbsp. olive oil *or* cooking oil**
- **4 cups sliced fresh mushrooms**
- **1 10½-oz. can condensed chicken broth**
- **1¼ cups water**
- **¼ cup sweet vermouth *or* dry sherry**
- **¼ cup tomato paste**
- **¼ tsp. pepper**
- **¼ cup grated Parmesan cheese**
- **2 Tbsp. snipped parsley**

In a 2-quart saucepan cook onion and garlic in hot margarine or butter and oil about 5 minutes or till onion is tender. Add mushrooms. Cook, covered, about 5 minutes or till mushrooms are tender. Stir in broth, water, vermouth or sherry, tomato paste, and pepper. Bring to boiling; reduce heat. Simmer, covered, for 20 minutes. Sprinkle each serving with Parmesan cheese and parsley. Makes 4 servings.

Nutrition information per serving: *166 cal. (51% from fat), 9 g fat, 5 mg chol., 8 g pro., 12 g carbo., 2 g dietary fiber, 613 mg sodium. U.S. RDA: 12% calcium, 11% iron, 94% vit. A, 21% vit. C, 12% thiamine, 34% riboflavin, 39% niacin.*

Photographs: Scott Little



Brownie Recipe Breakthrough

Baker's® ONE BOWL™ BROWNIES

So chocolatey. So easy. You'll never make ordinary brownies again!



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Baker's® Chocolate ONE BOWL™ Brownie Recipe

- 4 squares BAKER'S® Unsweetened Chocolate
- 3/4 cup (1 1/2 sticks) margarine
- 2 cups sugar
- 3 eggs
- 1 teaspoon vanilla
- 1 cup flour
- 1 cup chopped nuts (optional)

1. **HEAT** oven to 350°F.
2. **MICROWAVE** chocolate and margarine in large microwavable bowl at HIGH 2 minutes or until margarine is melted. **Stir until chocolate is completely melted.**
3. **STIR** sugar into chocolate. Mix in eggs and vanilla until well blended. Stir in flour and nuts. Spread in greased 13x9-inch pan.
4. **BAKE** 30 to 35 minutes or until toothpick inserted in center comes out with fudgy crumbs. Cool in pan; cut into squares. Makes 24 fudgy brownies.

Note: When using glass baking dish, bake at 325°F. For cakelike brownies, stir in 1/2 cup milk with eggs; use 1 1/2 cups flour.

SPOOKY TREATS
Kids can make 'em, too



SCOTT LITTLE

For Halloween parties or snacks, keep a batch of Cookiewiches in the freezer.

This Halloween, invite the neighborhood ghosts and goblins in to gobble up a plateful of witches—Cookiewiches that is. These sherbet-stuffed cookie sandwiches are simple enough that kids can make them.

SHERBET COOKIEWICHES

1 quart orange sherbet, softened
¾ cup miniature semisweet chocolate pieces
1 8½-oz. pkg. chocolate wafers

Line a 13x9x2-inch baking pan with foil, using a piece of foil large enough to overlap 2 edges of the pan.

In a large mixing bowl, with a wooden spoon, stir together softened sherbet and chocolate pieces. Using the wooden spoon, transfer sherbet mixture to the foil-lined pan; spread evenly. Freeze 4 to 6 hours or till firm.

Run a knife between the edges of the pan and the sherbet to loosen the sherbet. Use the foil to lift the sherbet from the pan. Using a cookie cutter the size of the chocolate wafers (about 2⅜ to 2½ inches) or a pattern to cut around, cut out 15 sherbet circles. Return leftover sherbet scraps to the original container for future use. Place each circle between two wafers.

Place cookie sandwiches on a large baking sheet; loosely cover and freeze till firm. If desired, wrap each sandwich in a 6-inch-square piece of freezer wrap and keep frozen for up to 1 month. Makes 15 cookiewiches.

Nutrition information per serving: *189 cal. (29% from fat), 6 g fat, 4 mg chol., 2 g pro., 32 g carbo., 138 mg sodium.*



If you'd like to add a little European flavor to your gift-giving, send for the Austin Street Market Catalogue, P.O. Box 8505, Ukiah, CA 95482. 1-800-283-5335.

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WIN MONEY

IN THE BETTER HOMES AND GARDENS® PRIZE TESTED RECIPES™ CONTEST!

TWO TOP WINNERS: $200 TWO RUNNERS-UP: $100 SIX HONOR ROLLS: ONEIDA CRYSTAL PLATTER

How would you like to win cash or new products for your home? Send your original recipes to our Prize Tested Recipes Contest. Each month, we ask you to send us recipes that fit the two recipe categories. Seven months later, we feature the four top recipes on the Prize Tested Recipes pages.

HINTS FOR THIS MONTH'S CATEGORIES

Oriental Dinners

Main dishes prepared oriental style or flavored with Far Eastern ingredients qualify. Perhaps you serve a creative stir-fry or steamed entrée using poultry, meat, or seafood.

Chocolate Cookies

We're searching for the best original, mouth-watering chocolate cookies. Your chocolate drop, bar, refrigerated, or rolled cookie may win!

WINNERS IN THIS ISSUE (pages 149 and 150)

$200 Winners

Nancy Savoie, *Houston, Tex.*
Irene Williams, *Andover, N.J.*

$100 Winners

Jane B. Adams, *Fort Collins, Colo.*
Connie Beckwith, *N. Franklin, Conn.*

Honor Roll Winners

Each received Sunbeam products.
Leslie K. Ayers, *La Mesa, Calif.;* Kathleen L. Boulanger, *Williston, Vt.;* Carol J. Ennis, *Newport, N.C.;* Steve Estvanik, *Seattle, Wash.;* Anne G. Evans, *Southborough, Mass.;* and Paula Jacobs, *Worthington, Ohio.*

CONTEST RULES

1. Contest is open to U.S. residents, except Meredith Corp. employees, its affiliates, subsidiaries, and families. **2.** With each entry, print your name, address, and recipe marked "May Oriental Dinners" or "May Chocolate Cookies." Specify ingredient brands and recipe origin. **3.** Address recipes to 9205 Food Department, Better Homes and Gardens, Des Moines, IA 50309-3023. **4.** Postmark all entries by October 31, 1991. **5.** Winners are selected 60 days later, then notified by mail. **6.** Entries must be original, and will be judged on creativity, taste, and practicality. **7.** Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corp. We reserve the right to adjust winning recipes. **8.** Entry constitutes permission to use winner's name and hometown name for editorial and promotional purposes.



Help! My Kids Play Soccer.

Soccer will never catch on in the U.S. as an adult spectator sport? Tell that to the millions of American parents who watch youth soccer games. More than 12 million kids are now playing on youth soccer teams. By comparison, about nine million play organized baseball.

Most Little League baseball coaches will tell you that every parent is an "expert" about baseball. However, many parents do not have much of a clue about the game of soccer. They may not know if their children are being properly coached and developed. Further complicating the situation, many of these same parents are being pressed into duty as coaches and assistants, just to keep up with the explosive growth of youth soccer.

What's a parent to do? One suggestion is to learn more about the American Youth Soccer Organization's (AYSO) approach to the game. Their philosophy is open registration, balanced teams, positive coaching and everyone plays. The emphasis is on kids developing positive self-concepts. The AYSO is an non-profit organization supporting 26,000 teams in 38 states.

Be prepared to participate; the AYSO is a family affair. No need to be intimidated, though. They make volunteering painless, with help ranging from parent guides and clinics to age-specific coaching manuals. If your town already has an independent soccer organization, AYSO affiliation can help with an insurance umbrella. They also provide organizational continuity, as parent volunteers and their kids graduate from your program.

To learn more about the AYSO, write to:
American Youth Soccer Organization
5403 West 138th Street
P.O. Box 5045
Hawthorne, CA 90251-5045

A Public Service Announcement

HOW TO ORDER

PLANT NOW FOR WINTER BLOOM



These indoor bulb collections will brighten your home and put an early spring in the forecast! All collections were especially selected for the readers of ***Better Homes and Gardens®*** magazine. Our **Indoor Tulip Collection** contains 20 bulbs including 5 each of Sweet Lady (pink), Princess Irene (red with yellow edges), Monte Carlo (yellow), and Peach Blossom (pink). Our **Indoor Narcissus Collection** contains 8 miniature Tete a' Tete Narcissus (yellow), 5 Paperwhite Narcissus (white), and 5 Soleil D' Or Narcissus (yellow). Our **Indoor Hyacinth Collection** contains 17 bulbs including 8 Grape Hyacinths (lavender blue), 3 Sky Blue Jacket Hyacinths (porcelain blue), 3 Pink Pearl Hyacinths (pink) and 3 Carnegie Hyacinths (pure white). Our **Indoor Crocus Collection** contains 40 bulbs including 8 each of Yellow Mammoth (yellow), Jeanne D'Arc (white), Queen of the Blues (light blue), The Sultan (dark blue), and Snowstorm (white). Our **Indoor Assorted Bulb Collection** contains 32 bulbs including 8 Iris Reticulata (purplish-blue), 8 Star of Bethlehem (white), 8 Queen of the Blues Crocus (light blue), 3 Pink Pearl Hyacinths (pink), and 5 Paperwhite Narcissus (white).

CASUAL COOKING FROM WINE COUNTRY

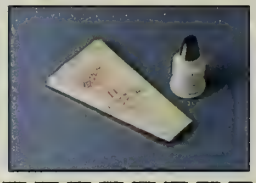


Serve your favorite wines with the handy accessories shown left. Vianso Winery's **Foil Cutter** is a handy gadget as is their **Ah-So Cork Puller** which works on old corks, removes cork without a hole, and recorks. For a more traditional opener, try the **Classic Table Model Corkscrew** from Screwpull.

Other cooking accessories to help you duplicate the ideas in this issue include our **Springform Mold** (8-inches in diameter, aluminum); **Meat Thermometer** (readings in Fahrenheit and Centigrade, dishwasher safe); **Piping Set** (including bag, coupler, and large tip); and **1½ Quart Souffle Dish** (ceramic).









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50336

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Page	Description	Qty.	Price	Total
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27-32	**No. 09264** Indoor Narcissus Collection		**$11.95**	
27-32	**No. 09265** Indoor Hyacinth Collection		**$14.95**	
27-32	**No. 09266** Indoor Crocus Collection		**$14.95**	
27-32	**No. 09267** Indoor Assorted Bulb Collection		**$16.95**	
CASUAL COOKING FROM WINE COUNTRY				
123-130	**No. 31382** Foil Cutter		**$9.99**	
123-130	**No. 31381** Ah-So Cork Puller		**$6.99**	
123-130	**No. 31383** Classic Table Model Corkscrew		**$23.99**	
123-130	**No. 31191** 8-Inch Springform Mold		**$4.99**	
123-130	**No. 31204** Meat Thermometer		**$6.99**	
123-130	**No. 31319** Piping Set		**$8.99**	
123-130	**No. 31193** 1½-Quart Souffle Dish		**$14.99**	

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weet, Buttery Taste.
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BUTTER
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SURPRISE PANCAKES

Soft bread crumbs make the pancakes light and tender—

- **1 cup soft bread crumbs (use white *or* soft wheat bread)**
- **⅓ cup nonfat dry milk powder**
- **⅔ cup hot water**
- **1 Tbsp. cooking oil**
- **1 beaten egg**
- **⅓ cup whole wheat flour**
- **¾ tsp. baking powder**
- **⅛ tsp. salt**
- **Nonstick spray coating**

In a medium mixing bowl stir together bread crumbs and milk powder. Stir in the hot water and cooking oil. Let mixture stand for 5 minutes. Stir in the beaten egg, whole wheat flour, baking powder, and salt.

Spray a griddle or skillet with nonstick coating; heat griddle over medium heat. For each pancake, pour *2 to 3 tablespoons* batter onto hot griddle. Cook till pancakes are golden, turning to cook the second side when pancakes have a bubbly surface and slightly dry edges. Serve pancakes with *margarine, butter,* or *syrup.* Makes ten 4-inch pancakes.

Nutrition information per pancake: *54 cal. (37% from fat), 2 g fat, 22 mg chol., 2 g pro., 6 g carbo., 1 g dietary fiber, and 90 mg sodium.*

Note: To keep the first pancakes warm while you finish cooking, arrange the pancakes on a baking sheet and place them in a 300° oven.

FOOD

BREAD CRUMB PANCAKES



SCOTT LITTLE

Kids won't eat bread crusts? Then trim off the crusts before making sandwiches and use the crusts to make the bread crumbs for a surprising breakfast treat.

Sweet, Buttery Taste.
Now.
SHEDD'S SPREAD
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CHURN STYLE
NEW!
New Country Crock® Churn Style.
Finally, that farm-fresh, sweet, buttery taste!
And, just like regular Country Crock, it has 1/3 fewer calories than butter or margarine and no cholesterol.

PORK FOR DINNER
Zesty flavor from lean cuts



TERIYAKI PORK CHOPS



PORK AND APPLE TORTILLA CUPS

PHOTOGRAPHS: SCOTT LITTLE

The word is out that pork can be a healthful part of our diets. Some cuts, especially those from the loin, are leaner than others. Check out these cuts in two flavor-packed dishes.

TERIYAKI PORK CHOPS

- ⅛ tsp. garlic salt
- ⅛ tsp. ground ginger
- 4 pork loin chops, ½ inch thick
- 1 small red sweet pepper, cut into thin strips (¾ cup)
- ¾ cup coarsely shredded carrot
- ½ cup bias-sliced green onion
- ¼ cup orange juice
- 3 Tbsp. teriyaki sauce
- 2 Tbsp. orange liqueur (optional)
- 1 tsp. cornstarch
- ¼ tsp. bottled hot pepper sauce
- Hot cooked rice

Combine garlic salt, ginger, and ⅛ teaspoon *pepper.* Trim fat from pork chops; sprinkle both sides of each chop with ginger mixture. Preheat a heavy 10-inch skillet over high heat till hot. Add chops; reduce heat to medium. Cook chops 8 to 10 minutes or till no longer pink, turning once. Remove from skillet; keep warm.

Add red pepper, carrot, and green onion to skillet. Cook over medium heat 2 to 3 minutes or till crisp-tender, stirring often. Combine orange juice, teriyaki sauce, liqueur, cornstarch, and pepper sauce; add to vegetables. Cook and stir till thickened and bubbly; cook and stir 2 minutes more.

Serve pork chops over rice. Ladle vegetable mixture atop. Serves 4.

Nutrition information per serving: *345 cal. (22% from fat), 8 g fat, 71 g chol., 27 g pro., 37 g carbo., 2 g dietary fiber, 617 mg sodium.*

PORK AND APPLE TORTILLA CUPS

- 1 lb. pork tenderloin
- 4 6-inch flour tortillas
- Nonstick spray coating
- ¼ cup chicken broth
- ½ tsp. cornstarch
- 2 tsp. cooking oil
- 1 large red apple, chopped
- 1 green onion, finely chopped
- 2 Tbsp. snipped cilantro
- 1 clove garlic, minced
- ½ tsp. finely shredded lime peel
- 1 tsp. lime juice
- ¼ cup plain nonfat yogurt

Partially freeze pork; cut across the grain into thin slices, then into 1-inch strips. Wrap tortillas in foil and heat in a 350° oven for 5 to 10 minutes or till warm. Spray four 10-ounce custard cups with nonstick coating. Place each tortilla in a cup, pressing to fit. Bake in a 350° oven 10 to 12 minutes or till crisp. Remove from cups; cool.

Combine broth and cornstarch. Spray a large skillet or wok with nonstick coating. Heat pan. Stir-fry *half* of the pork in pan on medium-high for 2 minutes or till no longer pink; remove from pan. Add oil; repeat with remaining pork. Return all pork to pan.

Stir in apple, green onion, snipped cilantro, garlic, lime peel, lime juice, ¼ teaspoon *salt,* and ⅛ teaspoon *pepper.* Cook and stir for 1 minute. Add cornstarch mixture to pan. Cook and stir till thickened. Cook and stir for 2 minutes more. Fill tortilla cups with mixture. Dollop with yogurt. Garnish with *cilantro.* Makes 4 servings.

Nutrition information per serving: *267 cal. (30% from fat), 9 g fat, 79 g chol., 28 g pro., 20 g carbo., and 350 mg sodium. U.S. RDA: 10% iron.*

LEAN CUTS TO LOOK FOR

Cut	*Grams of fat**
Tenderloin	4.1
Sirloin chop	5.7
Top loin chop	6.6
Center loin chop	6.9
Center rib chop	8.5
Blade steak	10.6

**per 3-oz. serving*



Anytime Broccoli Cheese Sauce

1 can Campbell's® NEW Broccoli Cheese Soup
⅓ cup milk

1. Combine soup and milk.
   Conventional: Over medium heat, heat until hot and bubbling, stirring often.
   Or Microwave: Microwave, uncovered, on HIGH 5 min. or until hot and bubbling, stirring halfway through heating.
2. Serve over vegetables such as broccoli, cauliflower and carrots. Makes 1½ cups.

Prep time: 3 min.
Cook time: 5 min.

Parmesan Broccoli Sauce: Add ¼ cup grated Parmesan cheese.

Everyday Broccoli Cheese Chicken

1 tbsp. margarine
4 skinless, boneless chicken breast halves (about 1 lb.)
1 can Campbell's NEW Broccoli Cheese Soup
⅓ cup water or milk
⅛ tsp. pepper
2 cups broccoli flowerets

1. In skillet over medium heat, in hot margarine, cook chicken 10 min. or until browned on both sides. Spoon off fat.
2. Stir in soup, water and pepper. Heat to boiling. Add broccoli. Reduce heat to low. Cover; simmer 10 min. or until chicken is fork-tender and broccoli is done, stirring occasionally.

4 servings.

Prep time: 5 min.
Cook time: 25 min.



©1991 Campbell Soup Company

New Campbell's Broccoli Cheese Soup.



Mm! Mm! Good!®



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B&H 100'S

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GREAT GIFT IDEAS

HELP US HELP MORE FAMILIES LIKE THESE

Make the holidays extra special by ordering these great gifts for family and friends and lending a hand to homeless families at the same time through our nonprofit organization, The Better Homes™ Foundation. Since we first told you about The Foundation three years ago, your generosity has helped us to help families like the ones on these pages all over the country. We've chosen the 15 gift ideas especially for our readers; all profits will go to The Foundation. See the order blank, *page 162.*



PHOTOGRAPHS GEORGE CEOLLA

All profits will go to help homeless families throughout the country

Nicholas and Missy, at left in photo, and Bernice and Adrian live in a shared facility for homeless families run by Innovative Housing in Mountain View, California. Better Homes™ Foundation funds contribute to help families get back on their feet. "I never thought we could help each other so much," says Bernice.



COLLECTOR'S ORNAMENT

Send friends and family our unique 1991 gold-plated brass holiday ornament as a gift in their name, by making a $50 donation for each to The Better Homes™ Foundation. Third in a series; all three years ('89, '90, '91), $100. With gift card; order blank, *page 162*. #091ORN.



PRODUCT PHOTOGRAPHY: CRAIG ANDERSON

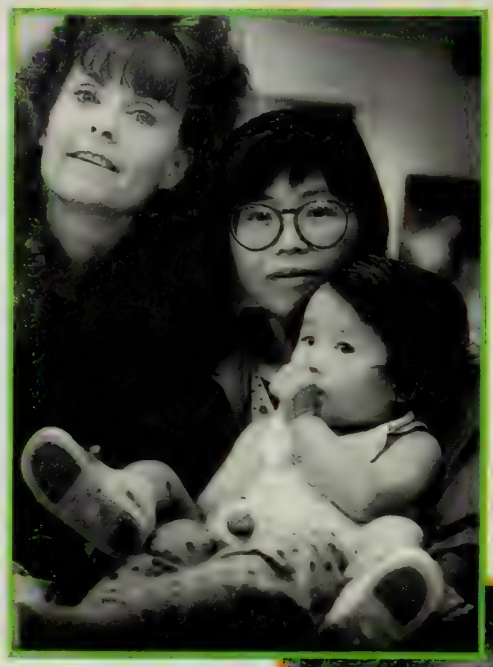
MARY ENGELBREIT NIGHTSHIRT

The poignant, slightly eccentric vision of well-known artist Mary Engelbreit adorns this so-soft nightshirt. Each is imprinted with the rich, multicolored image that is the artist's distinctive trademark. 100% cotton. One size fits most. A delightful gift idea any time of year. $29.95 #091NTS.

continued on page 160

HELPING HOMELESS FAMILIES

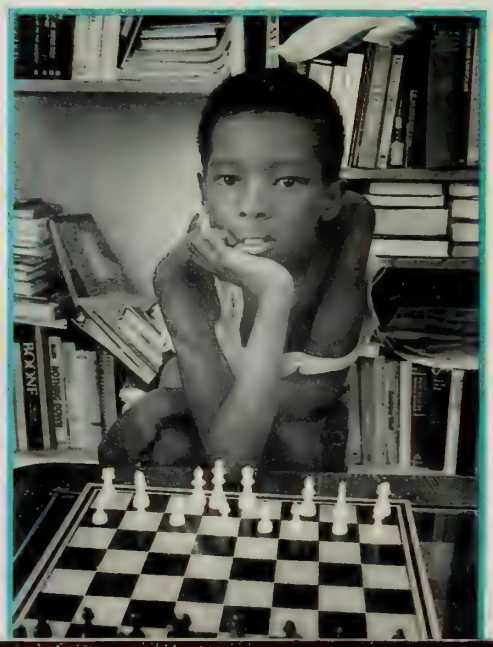
continued from page 159



Stephanie Michaels works with moms and kids like Carol and Jessica at the Pittsburg Preschool Coordinating Council in California, where a Better Homes™ Foundation grant supports a program for homeless families. The council's day-care program frees parents for school and job training and provides counseling and other help. Carol, studying fulltime, is on her way to becoming a computer technician.



Fleeing domestic violence, Vicki and Amber went to a shelter. Thanks to The Family Health and Social Service Center, a BHF grant recipient in Worcester, Massachusetts, Vicki is getting help for memory loss and other problems so she can work again. A clinic staffer regularly visits the two, now housed.



Tayron, 9, is a regional chess champion in New York, an avid reader, and a good student. He lives with his parents in the South Bronx in the Davidson Avenue New Communities Project, which houses 130 formerly homeless families and provides counseling, parenting education, and other services on site. A joint Better Homes™ Foundation and United Way grant helps support staff there.



PORCELAIN ENAMELWARE SET

This beautiful blue marble porcelain enamelware is lightweight, durable, and perfect for everyday use. The 16-piece set comes with four each of dinner plates, salad plates, bowls, and mugs. A special gift and a great starter set. $49.95. #091ESS.



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Keep the joy of weaving at your fingertips with this easy-to-use, portable lap loom and project kit. Perfect for children or adults to share the creative excitement of weaving. 12x16 inches. All tools, materials, instructions included. $44.95. #091LLP.



TUCKER TURTLE

This cuddly 7-inch-long turtle can slip out of its spotted shell when it feels outgoing and duck back in if it's shy. Ultra-soft furry shell, smooth velour turtle. A wonderful gift for small fry, or toy-animal collectors of any age. $15.95. #091TTL.



55 NOAH TOTE

Perfect for toddlers. Noah and nine pairs of animals fit into elasticized pockets "on deck"; other animals peek out of windows. Hatch closes to store animals inside. 12×4×12 in. Handle makes it a perfect travel companion. $34.95. #091ARK.



COLONEL LAMBERT

What child (or adult) could resist the cuddly feel of this curly lamb with movable arms and legs? Trust the tenderhearted Colonel to salute smartly, and march his jointed body straight into waiting arms. 16 inches tall. $24.95. #091LMB.



MAINE WOOL BLANKETS

Soft, warm blankets, woven on century-old looms from Maine-raised wool. 60×84 inches. Covers a full-size bed with a slight drop; or use as cuddly throws. Black Watch or Mallard plaid; or, solid blue or violet. List 1st, 2nd color choices. $49.95. #091HWB.



EDNA HIBEL COLLECTIBLE PLATE

"The First Holiday," the first in the "Edna Hibel Holiday" series of four plates. Her images reflect the compassion and love that bind people together. 9¼-inch diameter. 16 colors, 24k gold. Last firing December 31, 1991. $49. #091HLP.



CRECHE PUZZLE

Ready-to-finish puzzle interprets the Nativity scene as simply and beautifully as the Christmas story itself. Made completely of clear pine, these figures fit together within the manger for storage. A gift that becomes a tradition. $29.95. #091CRP.



TOY-A-DAY ADVENT CALENDAR

Christmas countdown becomes an exciting family event. Each day, take a toy from a pocket of this unique felt wall hanging and attach to the Christmas tree above. Use year after year. 29×14 in. $42.95. #091AWH.

continued on page 162



MY QUIET BOOK

Here's a wealth of activities for toddlers to learn, all in one handy quilted book. Teaches how to button, tie a shoelace, tell time, buckle up, and more. Zipper and handles make it secure for carrying. 11×2×8 in. $29.95. #091QTB.



CELEBRATE QUILTS

Striking notecards re-create authentic folk quilt designs from the Library of Congress collection. Twenty cards, 10 each of the Double Wedding Ring Quilt and Flower Basket. Exclusive offer for BH&G® readers. Box of 20 cards, $12.95. #091QCD.

HELPING HOMELESS FAMILIES

continued from page 161



FRESH MAINE BALSAM WREATHS

Made from fragrant balsam fir, hand-harvested in the Maine woods. Clippings of cedar and pine, pinecones, berries, house ornament, and bow decorate the 24–inch wreath. Shipped from Nov. 15–Dec. 20 only. (No overseas.) $29.95. #091FMW.

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Meet our floppy bean-bag bears, designed by Iowa artist Gae Sharp. The fully jointed, collectible animals can be posed in all sorts of positions, and they're so huggable, too. Winston (10 inches, light brown), $12.95; #091SGB. Daryl (16 inches, dark brown), $24.95; #091LGB.



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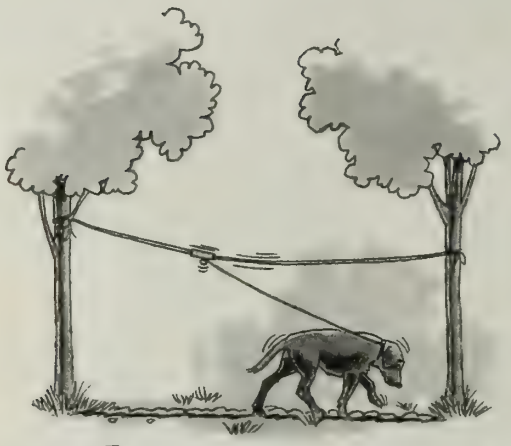
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MONEY-BACK 30 GUARANTEE

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PETS

DOG BREATH! The sweet smell of success

How would your breath smell if you didn't brush your teeth for the first 20 or 30 years of your life? That's what Jean Hawkins, D.V.M., of Boise, Idaho, asks pet owners when they come in complaining about their three- or four-year-old dog's breath.

Not only will regular brushing prevent unbearable breath, it can also save your dog's teeth and improve its general health.

Chronic bad breath, or halitosis, is usually caused by tartar and plaque buildup. It can lead to periodontal disease, an inflammation of the tissues surrounding the teeth. If not treated, Spot could lose some of his teeth. Periodontal disease also can result in heart, liver, and kidney problems.

Cleaning how-tos. It's important to begin dental care when your pet is young, so Spot gets used to having your fingers in his mouth. You should clean your dog's teeth a minimum of several times a week. Dr. Hawkins recommends daily brushings.

There are many ways to clean a dog's teeth and mouth. You can use a small, soft-bristled toothbrush and special dog toothpaste, or a piece of gauze or nylon stocking with water or paste. Never brush Spot's teeth with baking soda or salt. The sodium in these products can stress the heart of a dog with cardiac problems.

If your dog has a significant amount of tartar on its teeth, you may need to take it to a veterinarian for treatment. During the cleaning procedure, which usually involves a general anesthetic, the veterinarian will remove Spot's tartar and plaque, then clean and polish his teeth. Like humans, dogs require routine professional dental checkups, even if you brush their teeth regularly.

Chewing on toys and dog biscuits helps cut down on tartar and plaque. Dry, crunchy dog food can also be beneficial.

Other causes. There are other causes of halitosis in dogs. If, after examining your pet's teeth, the veterinarian rules out dental problems, look for other things in the mouth. There might be ulcers or tumors, for example, or a piece of wood or bone that has become caught in the mouth, causing an infection.

Kidney disease and chronic sinus infection can also cause bad breath. These are usually treatable by a veterinarian. Pets with diabetes mellitus are more likely to have periodontal disease as well.

Puppies may also have mouth odor when they're cutting teeth. Be sure to provide plenty of chew toys.

—By Barbara Hall Palar

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Nature's Course is a tasty, natural dog food that your dog will thrive on. What more do we need to say? Except that you can get $2 off. Just turn the page.

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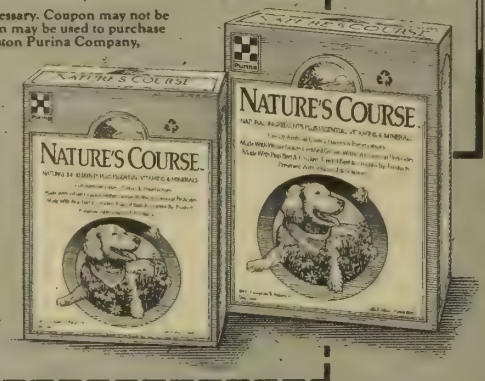
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HAWAII Your Way


CLIFF HOLLENBECK

Hawaii is a tempting place to splurge. Fabulous resorts, dinner cruises, and exotic excursions add up to a bundle.

But you don't have to hock the house to enjoy the Aloha State. You can bury your toes in Waikiki's golden sand for free. Buy snorkeling gear to save on rental fees. See palm trees hula in the trade winds, view verdant mountains wearing leis of mist, watch the Pacific caress a sliver of beach then crash against the shore nearby—at no charge.

Whether you want to stick to a budget or blow the budget, our guide will help you pick your ideal islands, and show you what to do and where to stay. For each we suggest inexpensive activities plus special thrills—some are worthy extravagances, others top-notch, less costly attractions.

THE ISLANDS

Hawaii consists of eight major islands. Two—Niihau and Kahoolawe—aren't suited to vacationers. If you really want to get off the beaten path, Molokai and Lanai now toy with tourism on a limited basis. But when most of us think of Hawaii, we really mean Oahu, Kauai, Maui, and the Big Island of Hawaii.

More people visit Oahu, thanks to the popularity of Waikiki and Honolulu, than any of the other islands. Kauai is everyone's fantasy island—a producer's dream for films from *King Kong* to *Raiders of the Lost Ark.*

Maui's reputation as an idyllic vacation spot dates back to the 1800s, when whalers put in at Lahaina for R&R after a year at sea. Active volcanoes lure people to Hawaii, the chain's youngest and largest member. To avoid confusion, it's often called the Big Island.


TRAVELPIX/FPG INTERNATIONAL

Waikiki tempts visitors with plenty of action under a sunny sky.

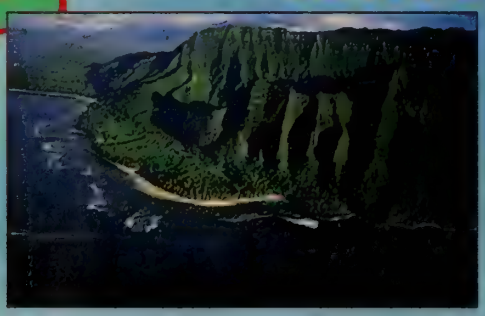
Tailoring the good life. Budget-minded travelers can find lots of choices in Hawaii. The trick is planning. Look for less-expensive options, then pick where you want to save—or splurge. At opulent resorts such as the **Hyatt Regency Waikoloa** on the Big Island or the **Westin Kauai,** for example, you can plunk down $200 or more per night to cavort in a spectacular pool or enjoy numerous other diversions. **Aston** condos, $99–$415, come complete with a kitchen, a living room, and plenty of space to stretch out. Most islands have a value-oriented **Colony Hotels & Resorts** property (from $85) or an **Outrigger** hotel (starting at $45), where the savings can underwrite your daily activities.

You can spend about 40 bucks per person at **Paradise Cove** near Honolulu for a luau and hula review, or $2.50 at Waikiki's **Kodak Hula Show.** Tee off on one of Hawaii's world-famous golf courses, and you'll sink $75–$100 in green fees. But you need to chip in only $15–$25 to play on some public courses.

Most hotel prices listed are for a basic double room. Ocean views run higher. Kids often stay free or at reduced charges. Ask about special packages and value seasons—when prices may drop 50 percent. You'll rarely need to pay rack rates.

continued on page 168





Beaches abound on *Kauai*, known as the Garden Isle because of its lushness. Compact and not overdeveloped, Kauai is easy to drive around and to explore. The Na Pali Coast forms an impenetrable natural barrier for cars, but you can hike the cliffs, skirt them by raft, or soar over them in a helicopter.
F.S. WESTMORLAND/TOM STACK & ASSOC.





Oahu combines the verve of city life with the sensuousness of a Polynesian paradise. Nicknamed the Gathering Place, it is Hawaii's top choice for shopping, dining, and nightlife. Visitors can select from a myriad of hotels, from basic rooms to opulent resorts. Beyond the glitter of Waikiki, Hawaii's past comes alive in places as diverse as the Arizona Memorial and Iolani Palace, where island royalty once lived.
PETER GRIDLEY/ FPG INTERNATIONAL
TRAVELPIX/FPG INTERNATIONAL



KAMEHAMEHA THE GREAT. Thousands of tourists pose for pictures beside Honolulu's tribute to Hawaii's greatest monarch. Far fewer find their way to the original, less ornate version of King Kamehameha's statue in Kapaau, at the northern tip of the Big Island. Sculpted in Italy in 1878, the statue was lost in a shipwreck off the Falkland Islands. After this replica was erected in front of the Judiciary Building, the original turned up and was placed near Kamehameha's birthplace.

Kamehameha, who towered 6½ feet tall, fought many bloody battles on his way to unifying the Hawaiian Islands. According to legend, his success was foretold when, as a teen, he moved the massive Naha Stone. You can still see this solid lava boulder in Hilo. Reminders of the ruler remain, but Kamehameha's burial site, a closely guarded secret in the Hawaiian tradition, is unknown.

ALL ILLUSTRATIONS: JULIA GORTON. MAP: MIKE HENRY



This is a representational map only, not drawn to scale. The four major islands have been enlarged for easier reading.



The three-mile crescent of Kaanapali Beach lures millions of visitors to *Maui.* Native women once swam out to meet whalers at nearby Lahaina. Today, ships leave this picturesque port to watch pods of porpoises and humpback whales wintering off the island's western coast. The West Maui Mountains form a scenic backdrop for snorkeling cruises and fishing boats. Catercorner across the island, the quieter town of Hana sits in the shadow of Haleakala Crater.
TRAVELPIX/FPG INTERNATIONAL

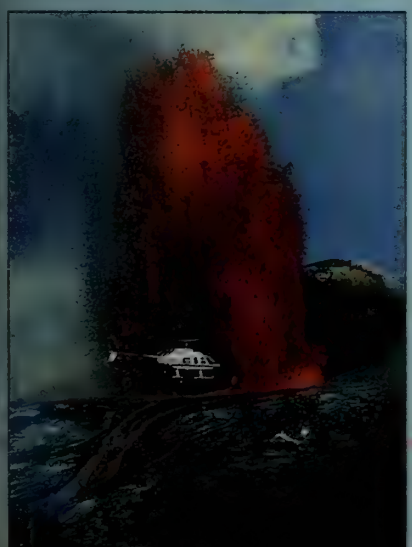


Big Island of HAWAII

Twice as large as the other islands combined, *Hawaii* offers diversity on a grand scale—volcanoes, a desert, a fern forest, fields growing Kona coffee, cowboys, snow skiing, golf courses carved out of lava rock, and deep-sea fishing. Orchids grow like dandelions, and beaches sport white, golden, green, or black sand.
DOUGLAS PEEBLES

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HAWAII

OAHU

Each of Hawaii's islands weaves its own spell. But if you haven't been to our 50th state, plan to spend at least a few days on Oahu. After hearing about Honolulu and Waikiki, it would be a shame to be so close and not experience them. Most visitors are either attracted to or repelled by this commercialized piece of paradise, where skyscraper hotels dominate the horizon, and the sweet fragrance of plumeria leis mingles with the scent of coconut tanning lotion. Sun worshipers cram themselves onto **Waikiki's** legendary golden sand, while outrigger canoes, catamarans, and surfers bob in the balmy Pacific.

Waikiki is great for people watching. Folks in flower-emblazoned outfits bustle from the beach to the **International Market Place** and other shopping emporiums. If you're looking for a quiet getaway, Waikiki won't be your cup of mai tai.

What to do. For snorkeling, go to **Hanauma Bay.** This extinct volcano, now a giant aquarium with crystal-clear water, starred in *Blue Hawaii.*

The Polynesian Cultural Center should top any Oahu to-do list. Seven Pacific islands share their heritages through song and dance. Compare the Tahitians' energetic hula with the slower, hypnotic Hawaiian version.

December marks the 50th anniversary of the bombing of **Pearl Harbor.** The **Arizona Memorial** presents a lump-in-the-throat reminder of the day that will live in infamy. From your perch above the watery grave of more than 1,100 crew members, you can see oil still leaking from the ship.

The National Memorial Cemetery of the Pacific also rates a visit. Stark white crosses denote the final resting places of thousands of war heroes.

Where to stay. Because so many lodgings vie for your business, you'll find a tremendous difference in prices and quality. You pay a premium for a room by the beach. Pick a hotel a few blocks away, such as an **Outrigger** or **Colony Resort** property, and your short hike to the shore can save you plenty. **Sheraton's** five hotels range from historical oceanside gems to less expensive digs ($100–$750).

For families who prefer to be close to the action, the **Hilton Hawaiian Village** can't be beat. Its top-notch youth program won't cost you a penny—even for field trips to the zoo or for lunch. It also features free hula shows, fireworks, and other attractions (from $175; request the $149 bounce-back rate). For genteel luxury right on Waikiki Beach, treat yourself to the elegant **Halekulani** with bathrooms so opulent that you may find it hard to leave your room (from $265).

Hawaii Visitors Bureau, 2270 Kalakaua Ave., Suite 801, Dept. BHG, Honolulu, HI 96815; 808/923-1811.

continued on page 172



CLIFF HOLLENBECK

Dolphins, whales, and sea lions put on quite a show at Sea Life Park.

Windsurfers find thrills galore in Hawaii.



ALLEN RUSSELL/PROFILES WEST

CHEAP THRILLS

Kodak Hula Show, Kapiolani Park, Waikiki, $2.50.

Matsumoto's Shave Ice in a rainbow of flavors—vanilla ice cream and *azuki* beans optional, Haleiwa.



DAVE G. HOUSER

Walking tour of Chinatown, 10 a.m., Asia Mall, free; 808/521-3044.

TheBus—see Oahu for 60 cents.

Watch surfing derring-do at Banzai Pipeline and Sunset Beach, North Shore.

Hike Diamond Head Crater for a panoramic view of Oahu.

Sea Life Park, $12.95.

Waimea Falls Park—cliff divers, Hawaiian entertainment, botanical gardens, $11.95.

THRILLS OF A LIFETIME

Dramatic film about the attack on Pearl Harbor, and shuttle launch to the Arizona Memorial, Pearl Harbor Visitor Center, free.



This is Polynesia extravaganza and luau, Polynesian Cultural Center, $44.95.

Dinner cruise along Waikiki's coast; meal, entertainment, and terrific views; $35–$40.

Atlantis Submarine dive, $67; 808/537-1193.

Dining at La Mer, Five-Diamond French restaurant, Halekulani Hotel, or Bali by the Sea, Hilton Hawaiian Village.

Surf lessons with a bona fide beachboy, Waikiki Beach, from $25 per hour.

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JEFF GNASS

You have to hike to get down to Lumahai, the nurses' beach in *South Pacific.*

HAWAII

KAUAI

Be sure to drive to the end of the road as you tour Kauai. Secluded beaches and incomparable scenery reward you when you go the extra mile.

What to do. On Kauai's low-key **North Shore,** you'll see the mountains that were filmed to represent mythical **Bali Hai.** Abundant rainfall produces luxuriant foliage, nourishes taro fields, and tinges the area with a veil of mist.

Past **Princeville** and the hamlet of **Hanalei,** you can track down **Lumahai Beach** from *South Pacific.* Then cross a series of one-lane bridges until the road gives out, and hike the short distance to **Ke'e Beach.** Less crowded than beaches in resort areas, Ke'e provides a terrific look at the **Na Pali Coast's** towering green spires. A **Captain Zodiac** raft trip along Na Pali provides one of the most exciting ways to get close to the 4,000-foot cliffs.

But if you can splurge on only one activity, take a helicopter tour. Besides skirting the emerald cliffs, you'll buzz waterfalls, zoom into **Waimea Canyon,** and fly over **Mt. Waialeale.**

The **South Shore** also offers a couple of exciting end-of-the-road experiences. At the other tip of the Na Pali Coast hides **Polihale State Park,** part of Hawaii's longest white sand beach. You'll twist through nearly five miles of sugar cane fields before you discover Polihale. Warning: Do not attempt this drive if the unpaved road is wet.

Mark Twain dubbed nearby **Waimea Canyon** the Grand Canyon of the Pacific. Waimea lacks the grandeur of its namesake, but the chasm, striated year-round with the hues of autumn, still mesmerizes. **Kalalau Lookout,** at the end of the canyon, affords one of the most beautiful views on this lovely island. Fern-shrouded, sculpted cliffs threaded by silvery waterfalls dip into verdant **Kalalau Valley.** The Pacific slaps against the shore while clouds tease hovering helicopters.

Where to stay. Poipu, with its dry, sunny climate, is Kauai's main resort area. Value-conscious travelers often stay on the "Coconut Coast" near the airport at **Lihue.** At the opulent **Westin Kauai,** you can sun on an island in the pool, go on a wildlife tour, golf, and relax at the plush spa (from $159).

Hawaii Visitors Bureau, 3016 Umi St., Suite 207, Dept. BHG, Lihue, Kauai, HI 96766; 808/245-3971.

continued on page 174

Hawaiian entertainers add an exciting note to an island vacation.



CLIFF HOLLENBECK

CHEAP THRILLS

Lappert's Aloha Ice Cream—coconut macadamia nut fudge and other island confections.

Smith's Fern Grotto cruise; Kapaa, $10; 808/822-4111.

Watch the sun set and enjoy a tropical concoction on the porch of the Tahiti Nui Bar, Hanalei.

Hike a few of Kauai's challenging trails.



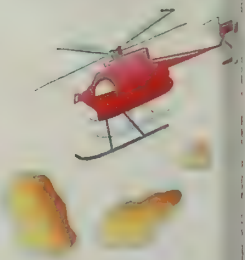
DOUGLAS PEEBLES

Stroll some of the world's most photographed beaches.

THRILLS OF A LIFETIME

Captain Zodiac Raft Expeditions, some trips include snorkeling at a beach accessible only by boat or plane, others just skim the Na Pali cliffs, $50–$105; 808/826-9371.

Even if you don't stay there, visit the Westin Kauai. Everything, except the pool, is open to the public.



Helicopter tour, Kenai and others, $129, 50–55 minutes; 800/622-3144.

Horseback riding near Poipu, CJM Country Stables, $25–$60; 808/742-6096.

Sheraton Coconut Beach luau, $45; 808/822-3455.

Sunday brunch at Gaylord's—featuring macadamia-nut sweet rolls.

When was the last time you travelled across America and actually got to see it along the way?

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ALL ABOARD AMTRAK

HAWAII



JEFF GNASS

Fierce battles once raged near Iao Needle. Today picnickers populate the valley.

MAUI

The first of the neighbor islands to break away from Waikiki's shadow, Maui—with its nearly empty palm-tree-lined beaches—developed a reputation as the ideal tropical isle.

But Maui is a victim of its own success. The original tourist development of **Kaanapali** still attracts legions of visitors. Folks fan out along the golden crescent of sand that links hotels such as the **Hyatt Regency Maui**—with its trendsetting water wonderland—and the **Maui Marriott.** It's when you get in your rental car for the short drive to **Lahaina,** the whaling-town-turned-T-shirt-mecca, that paradise can turn into gridlock.

Golfers face their own driving challenges on Maui's **Golf Coast,** extending from **Kapalua Bay** through Kaanapali and down to **Wailea** and **Makena resorts.** Even if you don't golf, these resorts are the places to stay.

What to do. For a memorable experience, watch the sun rise over **Haleakala,** the mountain that dominates the eastern part of the island. People huddle in blankets while the wind blasts over the top of the world's largest dormant volcano. The moon and stars hang above the crater, and a sea of billowy clouds scuds across Haleakala. Suddenly, streaks of yellow and orange announce the approaching sun, which pops up from behind a peak. This breathtaking unveiling of the day justifies a 2:30 wake-up call. Continue the drama by biking down Haleakala, or horseback riding on it.

T-shirts in Maui shops proclaim, "I survived the road to **Hana.**" Oohing and aahing over the scenery alternates with gasping at the honk-your-horn-I'm-coming-through curves, switchbacks, and one-lane bridges. You know you're deep in the heart of Hawaii when you see kids at roadside stands hawking homemade leis. Reward yourself with lunch at the **Hotel Hana-Maui** (rooms from $295).

Where to stay. **Aston** offers homey, condo-type properties equipped with kitchens and maid service, such as **Aston Kaanapali Shores** (from $159) and **Aston Maui Kaanapali Villas** ($149 and up), with a better beach.

Maui Visitors Bureau, Dept. BHG, P.O. Box 1738, Kahului, Maui, HI 96732; 808/871-8691; planning guide: 800/525-MAUI.

continued on page 177

Water-based adventures, from snorkeling to parasailing, begin at Lahaina.



MICHELE BURGESS

CHEAP THRILLS

Buy a flower lei from a roadside stand, Hana Highway, $3.

Swim in the Seven Pools at Ohe'o, south of Hana, or hike to the top of the waterfalls, two and a half hours round-trip.



Search for Charles Lindbergh's grave beside tiny Palapala Hoomau Congregational Church in Kipahulu, near Hana. On your left, nearly hidden by a banyan tree, two-tenths of a mile past St. Paul's.

ABC Stores, scattered throughout the islands, are Hawaii's Kmarts. Load up on macadamia nuts, chocolate-covered macadamias, Kona coffee, Maui potato chips, and other local goodies for the folks back home.

Picnic in the Iao Needle Valley.

THRILLS OF A LIFETIME

The Discover Lanai snorkeling sail includes lessons, gear, lunch, and sometimes whales and porpoises; Trilogy Excursions, $139; 800/874-2666.



TRILOGY

Helicopter rides, length varies; 45 minutes on Sunshine Helicopters, $109.

Whale-watching cruises, November–April, from $25.

Watch the sun rise over Haleakala, then bike down, $95; 808/667-7717.

Golf on a championship course. Ask about twilight specials: Kapalua Bay Village Course, $90; twilight (after 2), $50 including cart.

Horseback riding on Haleakala; two hours with Pony Express Tours, $50.

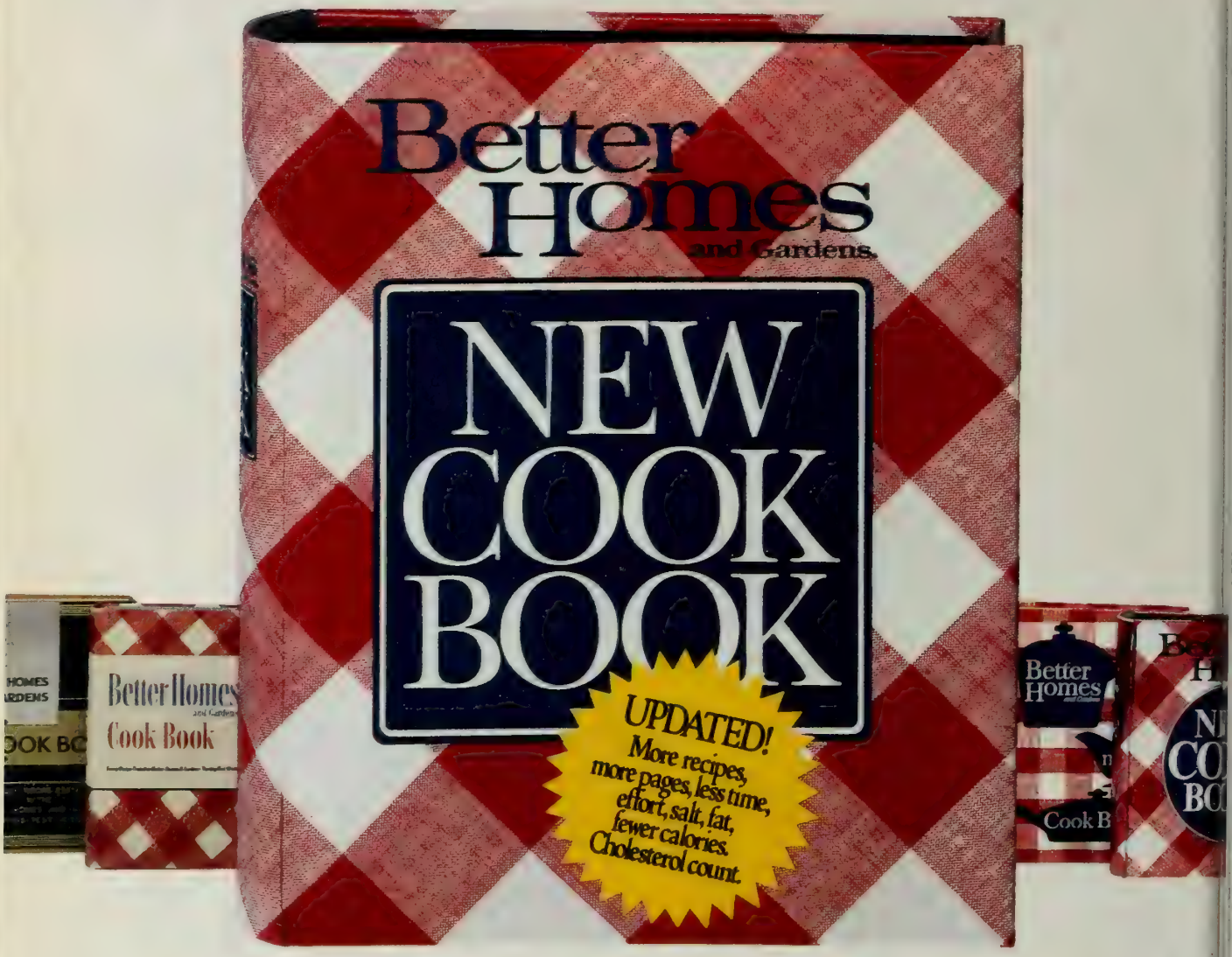
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R. DAHLQUIST/SUPERSTOCK

You can ride a monorail or boat to your room at the Hyatt Regency Waikoloa.

HAWAII

THE BIG ISLAND OF HAWAII

Not as blessed with golden sand beaches as other islands, the Big Island more than compensates with a unique chance to see nature in action at **Hawaii Volcanoes National Park.**

What to do. Imagine a barbecue pit that's 3 to 3½ miles long, with coals just beginning to glow red at the bottom, and you have an idea of what the lava field at Kalapana looks like. If you're lucky, you'll be able to walk over part of the area being redefined by Kilauea. As you climb up onto the thick, black crust, the soles of your feet tingle from the heat. Look down into the fissures, and you can watch the crimson lava flow to the sea.

Most visitors to the Big Island's number-one attraction commute the 100-plus miles from Kailua-Kona. To save time and money, base yourself in nearby Hilo for a few days.

Hilo. Down home and affordable, Hilo has a slower tempo than the more publicized Kona-Kohala resort area. Nighthawks should forget Hilo. The town's other drawback comes from the weather: Hilo sits on Hawaii's windward (wetter) side.

Kona/Kohala Coast. As you drive around the island, luxuriant foliage and waterfalls give way to an ebony moonscape, broken only by palm-tree oases hiding opulent resorts. Don't let the lava landscape fool you. Kohala's attractions include great golf courses, beaches, and sunny weather. Shops, restaurants, a clutch of hotels, and activities jam **Kailua-Kona** village.

Where to stay. In Hilo, choose the **Naniloa Hotel** ($89–$144) or Uncle Billy's **Hilo Bay Hotel** ($59–$79). On the Kohala Coast, the **Hyatt Regency Waikoloa** specializes in making fantasies come true. Dolphins, a snorkeling trail, a state-of-the-art spa, and golf keep guests entertained ($235 and up). The exclusive **Kona Village Resort** is the ultimate summer camp, where you stay in individual thatched *hales* (from $345 for two, includes meals and most activities). The simpler **Kona Bay Hotel** costs only $62–$84.

Hawaii Visitors Bureau, 180 Kinoole St., Dept. BHG, Hilo, HI 96720; 808/961-5797.

CHEAP THRILLS

Volcanoes National Park, $5 a vehicle or $2 per person.

Lyman Mission House & Museum, Hilo, $4.

Nani Mau Gardens, Hilo, $5.

Factory tours—Mauna Loa Macadamia Nuts and Hilo Hattie, free except for gift-shop temptations.

Puuhonua O Honaunau National Historical Park, Place of Refuge for *kapu* breakers, $1.



Petroglyphs, Hawaiian hieroglyphics, Chain of Craters Road and Kona Coast.

Banyan Golf Course, Hilo, Naniloa guests $15 weekdays.

ISLAND TRAVEL TIPS

- ***Ask your travel agent about packages and special deals. You can often get airfare, accommodations, and car rental for about what you would pay for your plane ticket or hotel alone.***
- ***Consider condos for convenience and to save on food expenses.***
- ***Wear your swimsuit under your clothes when driving, so you can stop and enjoy inviting beaches.***
- ***Allow enough time—to check out of your hotel, to drop your rental car, and to check in at the airport.***

St. Benedict's is one of two "painted" churches on the Big Island.



JEFF GNASS

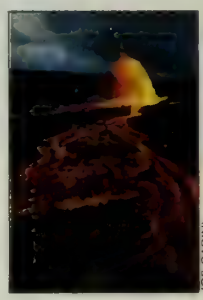
THRILLS OF A LIFETIME

Hyatt Regency Waikoloa, $235.

Francis I'i Brown Golf Course, Mauna Lani Resort, Kohala Coast, $65 hotel guests.

Hitting a tee shot over the Pacific on No. 3, Mauna Kea Beach Golf Course, Westin Mauna Kea, $75 guests.

Volcano helicopter tours, Hilo: $135; Kona: $280.



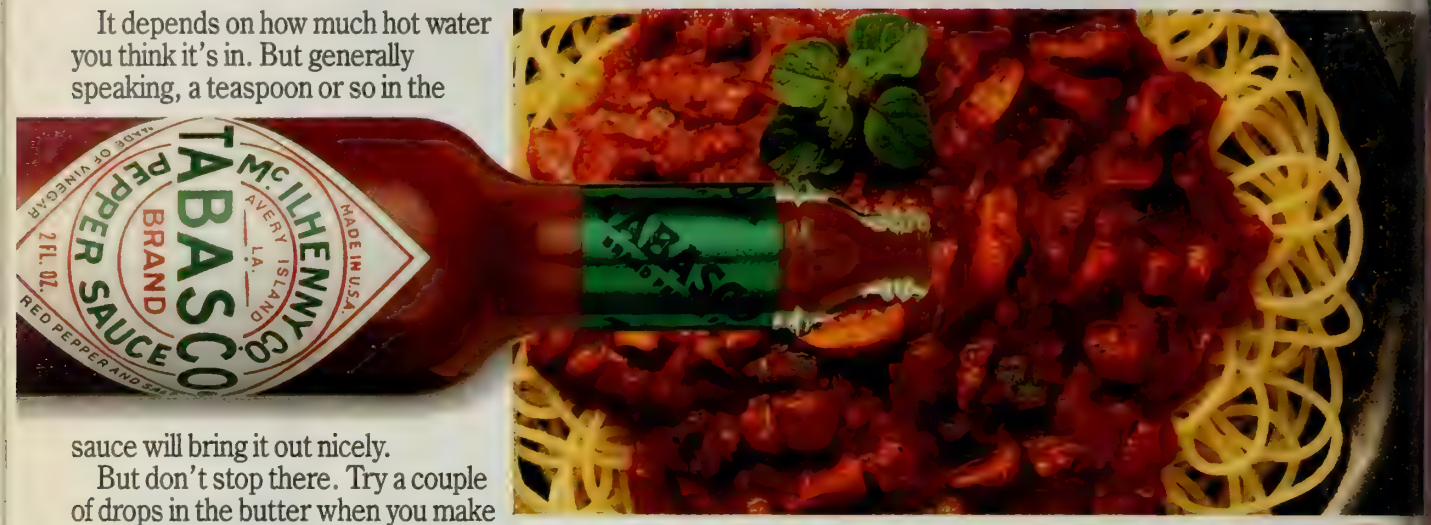
JOE CARINI

Deep-sea fishing—ahi, marlin, and mahimahi; Kailua-Kona, half and full days, groups and charters, from $90.

Take a four-wheel-drive tour over the edge of a cliff to a black-sand beach and one of the world's longest waterfalls, Waipio Valley Shuttle, $26, 808/775-7121.

How much Tabasco® sauce does it take to get your spaghetti out of hot water?

It depends on how much hot water you think it's in. But generally speaking, a teaspoon or so in the



sauce will bring it out nicely.

But don't stop there. Try a couple of drops in the butter when you make an omelette, a drop or two in canned soups, vegetables, or frozen dinners. We can almost guarantee that once you start using Avery Island's magical Tabasco® brand pepper sauce, you won't find yourself – or your dinner – in hot water again.

The lively taste of Tabasco® sauce.
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PRODUCTS

A VERSATILE VACUUM— IT EVEN DOES THE SINK

It vacuums, it sucks up spilled liquids, it washes carpets and upholstery, it mops floors, it even clears clogged drains: VAX makes short work of all kinds of household cleaning chores.

At its heart is an 8.4-amp motor, more than twice as powerful as upright and canister-type home vacuums. Couple this with attachments for washing and wet mopping and you have a total cleaning machine. The wash head circulates solution deep into carpet and upholstery pile, then suctions dirt and water out, leaving carpets dry enough to walk on. Twin brushes in the mop attachment loosen grime; suction and squeegee blades in the head's flip side leave floors dry and streak-free.



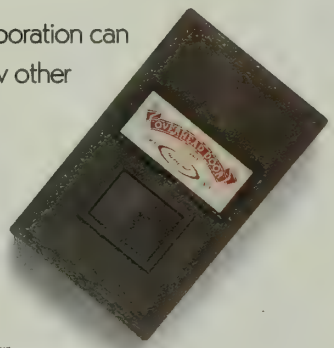
Based on the design of industrial-strength wet or dry vacuums, this versatile machine takes on a wide variety of dirty jobs. Cost (not including mop attachment): $299.99.

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A new garage door and opener from Overhead Door Corporation can dramatically enhance your home's value and appearance like few other home improvements.



We offer the largest selection of wood and insulated steel doors, all designed with discriminating homeowners in mind. They're attractive. They're energy efficient. And available in a wide range of sizes and panel configurations to complement any style home.

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—Shirley Jones

Personal tragedy is a powerful force for social change. Just ask entertainer Shirley Jones. Fire has touched her life twice—a hotel fire that threatened her children, and a home fire that claimed the life of her husband, Jack Cassidy. Now she's leading the campaign to get life-saving fire sprinklers into America's homes, schools and workplaces. Sprinklers *actively* suppress fires before they can burn out of control, saving lives like no other device. Please join Shirley this year. Ask about putting sprinklers in the schools, offices, and residences you and your loved ones occupy. Fire Sprinklers Save Lives.

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FREEWHEELING BATH
Accessibility with style

PHOTOGRAPHS: JAY GRAHAM DESIGN: ROBERT QUALLS REGIONAL EDITOR: HELEN HEITKAMP



Surrounded by a bank of cabinets, the cantilevered sink can be used from a sitting position. Plumbing is hidden by a matching panel.

You can hold the shower head or adjust it on the wall-mounted rod. The shower's wide entry and ample proportions allow a wheelchair user maneuverability.



Sooner or later, most of us will know what it's like to be physically challenged. Either a once-in-a-lifetime broken leg or just a sprained ankle will hamper our mobility, or advanced age will erode our agility.

The remodeled bathroom that wheelchair-user Robert Qualls designed for himself presents helpful ideas for everyone. Now a barrier-free haven, the bath offers commonsense solutions to all-too-common bathroom design problems for persons with disabilities.

- **A cantilevered sink counter** makes allowances for a seated user and keeps water and drainpipes (concealed by a panel) away from knees.
- **Lever-handled and long-neck** faucets, a liquid-soap dispenser, and a pullout spray (for hair washing) on the sink are major conveniences for anyone who lacks grasping and reaching power.
- **A large, door-free shower** means that a wheelchair user can maneuver in and out easily. The shower head can be hand-held or adjusted as needed on its wall-mounted rod.
- **Wall-mounted cabinetry** provides clearance for foot pedals and allows wheelchair users to get close to shelves and drawers. Well-planned storage keeps items within an easy arm's-reach from Bob's wheelchair.
- **Accessible features** are attractive, not institutional-like. "My goal," says Qualls, "was to make my bath not only functional, but beautiful to look at and enjoyable to use."


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TO EVERYTHING IT TOUCHES.
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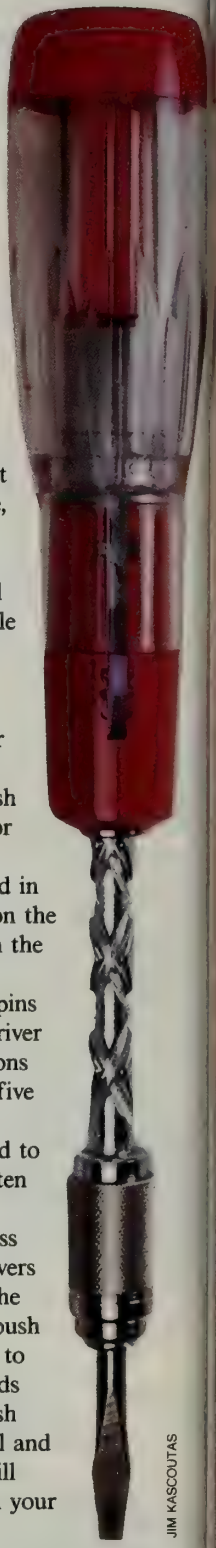
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BUILDING

PUSH DRILL BASICS



JIM KASCOUTAS

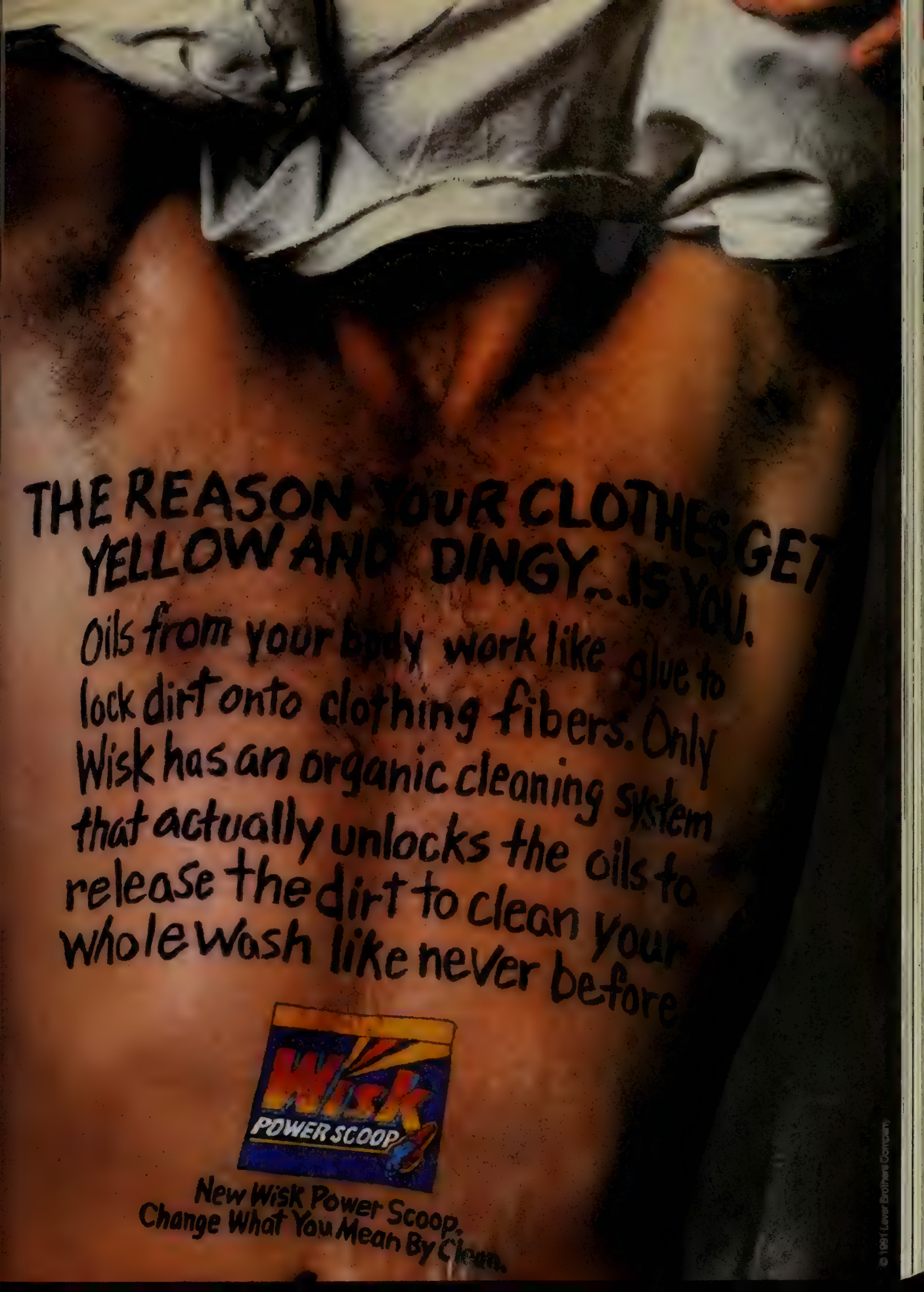
Setting up an electric drill takes about three minutes. Setting up a push drill takes about three seconds.

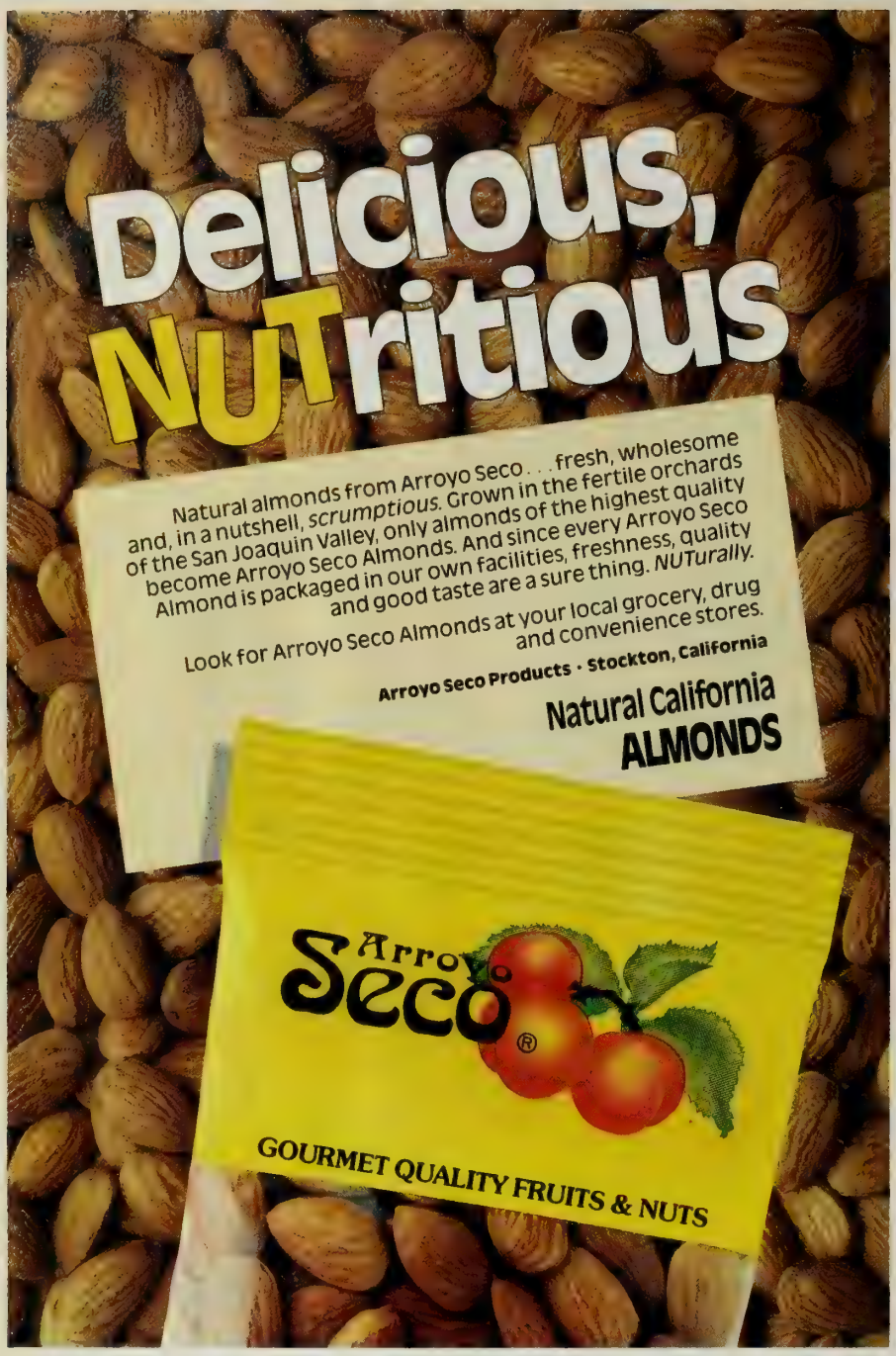
If you've ever felt frustrated at having to tighten bits with a chuck and string out extension cords just to drill a pilot hole, then consider a push drill.

A push drill will give you a pilot hole in just seconds. Screwdriving tips can also be used with push drills for tightening screws.

To operate a push drill, pop in a bit or screwdriver tip (conveniently stored in the handle), position the tip, and push in on the handle. The shaft's ratcheting action spins the drill or screwdriver tip several revolutions per push. Four or five quick pushes are usually all you need to drill a hole or tighten a screw.

Although cordless drills and screwdrivers perform many of the same functions, a push drill is cheaper, $6 to $10, and never needs charging. Most push drills are also small and lightweight, and will tuck away easily in your tool belt. BH&G


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New Wisk Power Scoop.
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WHAT IS 'WHITE CHOCOLATE'?

Smooth, sweet, and creamy—"white chocolate" is carving a niche for itself in the candy lines. Here's all about it:

What it is. White chocolate contains milk or milk solids, sugar, fat (vegetable fat or cocoa butter), and vanilla flavoring. White chocolate that contains cocoa butter has a chocolate-like aroma. But, white chocolate is not a true chocolate because it lacks chocolate liquor (the thick, rich brown paste resulting from ground cocoa beans).

Where to find it. White chocolate also goes by the names of white baking bar, candy coating, confectioners' coating, almond bark, and summer coating. It comes in bars, blocks, and small disks. Look for it on the grocery store shelf next to baking chocolate.

FOOLPROOF MASHED POTATOES



SCOTT LITTLE

Whether using a mixer or a masher, count on fluffy potatoes every time.

Lumpy mashed potatoes again? Not quite like Mom's? Now you can make the creamy, lump-free spuds you crave in four easy steps.

You'll need:

3 medium potatoes (1 lb.)
2 Tbsp. margarine *or* butter
Salt
Pepper
Milk

1. Wash, peel, and quarter the raw potatoes, making sure to remove any bruises or "eyes."

2. Place the potato quarters in a large saucepan filled with some boiling, salted water (about 3 to 4 inches). Return to boiling. Reduce heat and simmer, covered, over medium heat for 20 to 25 minutes or till potatoes test tender when poked with a fork. (Remember to check occasionally while they're cooking, so the potatoes do not boil dry.) Drain.

3. Mash the hot potatoes in the saucepan with a potato masher till smooth, using an up-and-down motion. (*Or,* transfer to a mixer bowl and beat with an electric mixer on low speed till smooth.)

4. Add the margarine or butter and salt and pepper to taste. While mashing or beating the potatoes, gradually add enough milk (2 to 4 tablespoons) to make the potatoes light and fluffy. Makes 4 side-dish servings.

Nutrition information per serving: *153 cal. (35% from fat), 6 g fat, 1 mg chol., 2 g pro., 23 g carbo., 141 mg sodium.*

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Cockatoo

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1. No purchase necessa Mail a postcard or 3" x 5" c placed in an envelope address shown. 2. Entr must be received no later January 15, 1992. 3. T grand prize of a seven-d Hawaiian cruise of appro imately $4,900 retail value the winner and a tra companion includes following: (A) accommodati in an outside cabin abo either the SS Independence the SS Constitution, based space availability. (B) all p charges and cruise taxes (C) all meals and entertainm on board the vessel. This pr does not include transporta to Honolulu, from which ship departs every Saturd evening, nor does it include purchases, gratuities, sho tours or other items of personal nature. Passa cannot be confirmed any earl than 30 days before the desi sailing date. 4. The draw will be held on or abo January 30, 1992 and winner will be notified February 15, 1992. 5. Mered Corporation and Americ Hawaii Cruises are responsible for any injury harm incurred by the winn during the trip. 6. Winners be chosen by random draw one entry per family. 7. Win must be 21 years old and U.S.A. resident. 8. En constitutes permission to winner's name, photograph general information for pro tional and advertising purpo on behalf of Mered Corporation. 9. All taxes the sole responsibility of winner. 10. Employees family members of Mered Corporation and Americ Hawaii Cruises, their ager affiliates and subsidiaries not eligible. -11. All fede state and local laws apply. where prohibited. Winner travel companion may required to sign an affidavi eligibility and a release. Odds of winning depend number of entries received. No responsibility is assu for lost, stolen, illegi misdirected or late entries. Only one prize per family. Tickets are not transferable may not be resold or rede for cash. The trip is through February 15, 19 For winners names, SASE to: Better Homes Gardens Hawaiian Vaca Sweepstakes, 1716 Locus Des Moines, IA 50309-3 This sweepstakes is b sponsored by Meredith Corp

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OAHU

From Don Ho's tiny bubbles to surfer boys and hula girls, Oahu embodies commercialized Hawaii.

Should racks of surfboards along Waikiki tempt you to try the sport once reserved for Hawaiian royalty, you can take lessons ($25 and up per hour) with a beachboy.

When you tire of Waikiki's crowds, go beach hopping. But swimming may be dangerous at some places. If no island folks are at your private beach, it's probably not safe to go in the water. A good strategy: Follow cars with surfboards strapped to the roofs, and you'll probably discover a great local beach. Join the informal party where music blares, volleyballs fly, and families grill over a hibachi.

KAUAI

Kauai's dubious claim to fame is that it nourishes one of the wettest spots on earth, Mt. Waialeale. All that rain means you'll find waterfalls, rainbows, and taro patches aplenty on the Garden Isle as well as tree-size ferns, gorgeous birds of paradise, and numerous other floral extravaganzas. But the moisture won't keep you from enjoying Hawaii's famous sunshine on this less-crowded island.

Mt. Waialeale actually snags rain clouds passing over Kauai, so that the resort haven of Poipu receives only about 20 inches of water a year. Because of Poipu, the South Shore offers lots to keep you busy, including snorkeling and other water activities.

Bountiful rainfall keeps the North Shore lush. This is the Kauai of legend. You won't find throngs of people as you wend your way from Princeville to Hanalei. Fewer still go all the way to Ke'e Beach. From Ke'e, you can glimpse the Na Pali Coast, sculpted by rain, waterfalls, and surf pummeling the shore. Princeville's famous golf course may get wet at times, but players gravitate to its challenges.

MAUI

Swimming, snorkeling, sailing, sunning, and shopping keep Maui's visitors smiling. Equally worthy of your time is sight-seeing.

To escape the crowds in the

TRAVEL PLANNING

See Travel Listing (*follows*) for free travel information and literature you can order.

Kaanapali-Lahaina area, take the scenic drive to **Hana.** Getting there is more than half the fun, but visiting this secluded town gives you a sense of Hawaii before hordes of travelers discovered the islands. (Even now, the rich and famous hide out in homes tucked away behind exuberant foliage.) Start your trip early so you have time to enjoy the area's attractions before retracing your route.

Beyond Hana, the rough road deteriorates further, but a siren song lures the hardy on beneath a canopy of trees. A swim in the chilly **Ohe'o Stream (Seven Pools)** makes an invigorating break from your day in the car. Or, for a hardier adventure, hike to the top of the series of waterfalls. It takes about 2½ hours round-trip. Allow enough time to return to your car before dusk. During your slippery ascent along fern-draped cliffs, you'll pass through a trio of bamboo forests, where trees clack in the wind.


MICHAEL YAMASHITA

THE BIG ISLAND OF HAWAII

In Hawaii Volcanoes National Park, you'll see evidence of the strong belief many folks still have in the fire goddess, Pele. As you wander around the park, especially in the area of recent flows, you'll spot shriveled leis and bottles of liquor along the destruction. Local people offer these gifts to appease Pele's volatile temper, which has destroyed a housing development and a black sand beach.

One advantage of making the town of Hilo your first stop on the Big Island is seeing the volcanoes. Then, when you get to the other side of the island, you are better able to appreciate the forces of nature that landscaped the well-known resort region in black lava rock.

The drop is so sheer into Waipio Valley, on the northern coast, that your driver's license can be revoked if you take a regular car down the road that clings to the face of a cliff. Don't drive, but do shell out $26 for a four-wheel Waipio Valley Shuttle tour into the ancient home of Kamehameha and other Hawaiian royalty. After trekking through a lush forest, you'll come out on a black-sand beach. Surfers challenge the waves near one of the world's tallest waterfalls. The truck pushes its way through hedges of mauna loa flowers and impatiens. You'll ford streams and hear the history of this hidden valley that once supported thousands of Hawaiians, but now shelters about 40 people.

Undulating hills and mountains lead to Parker Ranch in Waimea. Paniolas—Hawaiian cowboys—ride the ranges on one of the U.S.'s largest privately owned cattle operations.

—By Lois Anne Naylor

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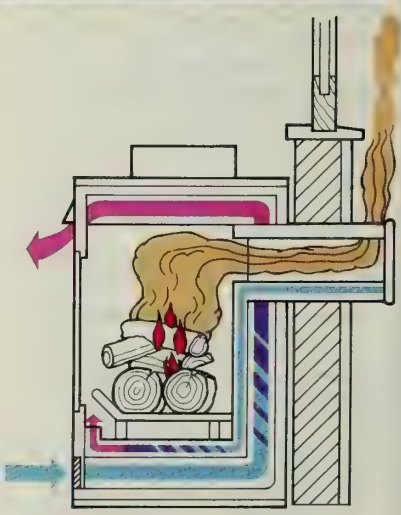
The illustration at right shows how direct venting works. Gas flames dance among ceramic logs in an airtight firebox. Cool room air enters through a vent at the bottom of the firebox, picks up warmth, and exits back into the room from the top of the firebox. A double flue pipe pulls in outdoor air for combustion and expels gases after they have lost about 70 percent of their heat.

High energy efficiency (with ratings up where furnaces were just a few years ago) qualifies a direct-venting fireplace as the primary heat source in a new room. Direct-vent units also can supplement your home's central heating system.

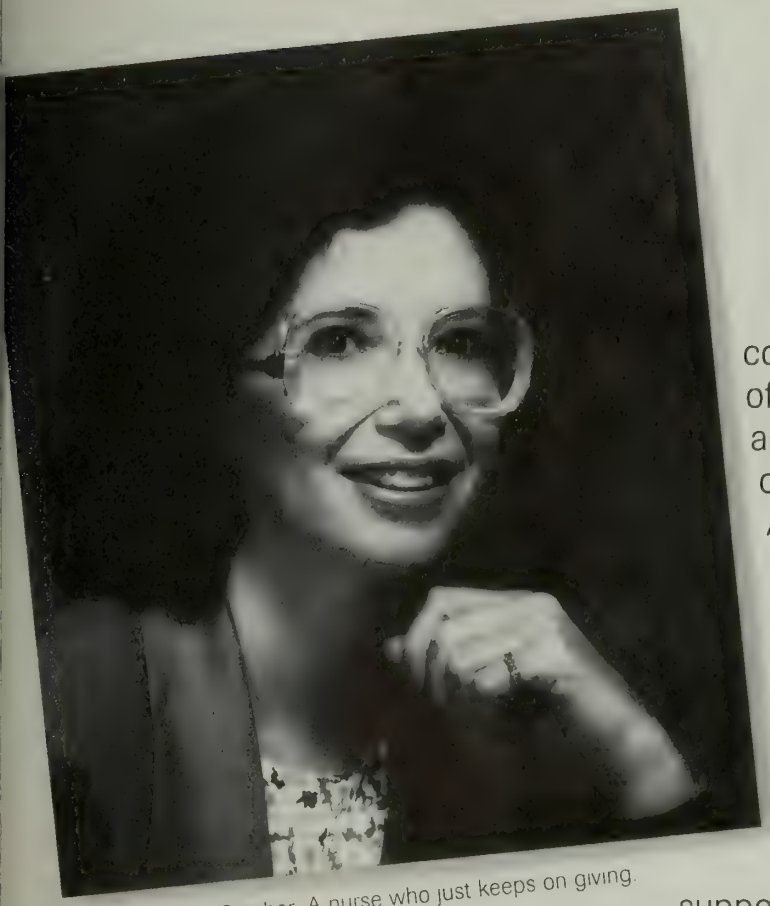
Majestic, 1000 E. Market St., Huntington, IN 46750; 219/356-8000.

▲ Because it doesn't need a chimney, a direct-venting fireplace offers design flexibility. You can even put one under a window.

▶ A direct-venting fireplace circulates room air around a sealed combustion chamber. The vent exhausts gases and brings in air to feed the flames.



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PICTURE-HANGING DOS AND DON'TS

DO hang pictures at eye level. If you'll be standing when viewing them (in a hallway, for example), the center of the artwork should be at eye level when standing. In a sitting area, put art at seated eye level.

DON'T leave a gaping wall space between art and furniture. Pictures should be no more than a foot above furnishings so that you see the grouping as one unit.

DO fill in the wall space with a vase or other decorative object if you hang a picture high on a wall above a table. This links the table to the picture in a unified composition.

DON'T ignore the space around the picture. For example, a few small pictures disappear on a large wall. Keep art in proportion to the wall.

DO create an eye-pleasing composition with several pictures or objects. Three items in a V shape (for example, a picture over a sofa with a lamp on each side) lead the eye in a smooth, calming fashion. Or, unify and organize a composition by framing different-size pictures in same-size frames. With a grouping of different-size frames, form straight vertical lines on the outer edges of the grouping.

DON'T start hammering until you have a plan. First trace around the frame on a piece of paper, mark where the hook is, and cut out the form. Place the paper on the wall; when it's where you want it, nail away.

SENSATIONS™

Just How Big Is That Napkin?

Tell us the correct size of a Sensations Dinner Napkin and you may win a trip to Hawaii.

Visit the Sensations display in your supermarket's paper aisle and look on the back of our package. Then tell us the actual size of a Sensations dinner napkin and you may win one of 750 exciting prizes.



First Prize: 4 days, 3 nights for two at Oahu's Kahala Hilton, one of the most beautiful spots in the Hawaiian Islands. Air, hotel and $500 cash included.



Fifty Second Prizes: Each winner receives ten packages of beautiful Sensations napkins—one in each fashion color.

Early Bird Prizes: Be one of the first 700 entries with the correct answer and you'll win a 20″ x 28″ full color poster of the Sensations ad (far left).

Contest Rules: No purchase necessary. Void where prohibited. Completely fill out the entry form below and return it by mail. Entries must be postmarked by October 30, 1991. Winners will be notified by mail on or about December 1, 1991. Sweepstakes open to residents of the United States, age 18 or older, except employees and immediate families of Chesapeake Consumer Products Company, its subsidiaries and advertising agencies. Alternate Form Of Entry: Complete set of Official Rules and entry forms are available by writing to: Sensations Napkin Contest, P.O. Box 24660, St. Louis, MO 63141. Washington state residents may omit postage. Winners must execute an affidavit of eligibility. Air travel is from the largest gateway airport nearest the winner's home. See Official Rules for complete details.



Just How Big Is That Napkin?

Hurry! Mail by October 30, 1991.

The actual size of a Sensations dinner napkin is _____″ x _____″.

Name _____

Address _____

City/State/Zip _____

Phone _____

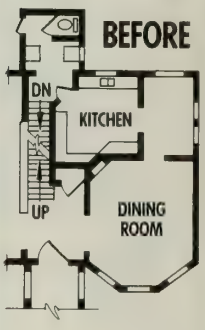
Mail to: Sensations Napkin Contest, P.O. Box 24660, St. Louis, MO 63141

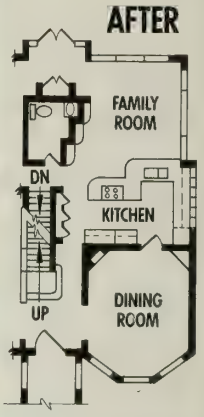
KITCHEN FOR TWO
Zigzag the counter



PHOTOGRAPHS: JAY GRAHAM ARCHITECT: GEORGE MIERS & ASSOCIATES REGIONAL EDITOR: HELEN HEITKAMP

◀ No more zigzagging around the other cook when the counter does the jogging. The 3-foot-deep counters create roomy work areas.





▲ A 10-foot family room addition updated this century-old home. The jogged kitchen peninsula maximizes kitchen space and helps direct the traffic flow.

If the fit at your house is too tight for a kitchen island, try these twin bursts of creativity to create a kitchen for two or more cooks.

First idea: Jog a peninsula through the room. Its lightning-bolt shape allows you and your co-chefs to sling pans and rolling pins without locking elbows. The reason: Zigzagging the counter creates a 3-foot-wide space between the counters and fashions two self-contained cooking areas in minimal floor space.

The 3-foot-deep, rounded countertops also act as a storage-loaded room divider, in this case defining the kitchen space from an open-plan 10-foot family room.

Next, add a roll-out workstation cart. You'll have extra counter space where you need it, by the sink, cooktop, or out of the traffic area by the cart's storage spot. This cart serves as a mixing center with a cutting-board top, open shelves, a pullout drawer, and a cooking-wine rack. The cart tucks neatly into a niche in the base cabinets.

A bonus bright idea: A course of glass blocks doubles as a countertop backsplash. The blocks pick up light at all hours of the day and diffuse it into the room while screening a ho-hum view.

The granite countertops, glass-front oak cabinets, and hardwood floor bounce the light around and add an inviting flavor to the kitchen.



The bookshelves on the family room side follow the curves of the kitchen counters.

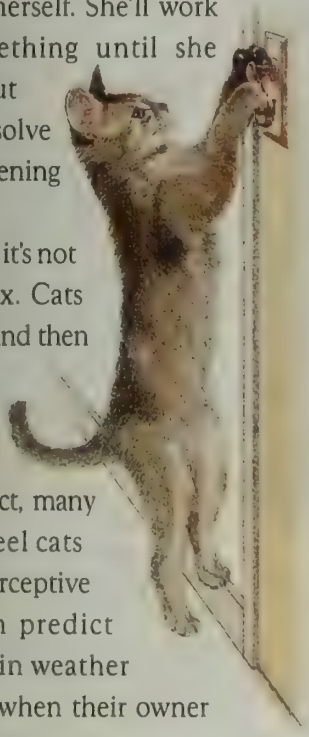


◀ This free-roaming chopping cart nests in a base-cabinet niche after use.

ARE CATS SMARTER THAN DOGS?

CURIOSITY IS AN INTELLIGENCE TEST.

ou can teach a dog. But a cat aches herself. She'll work n something until she gures out ow to solve , like opening door.



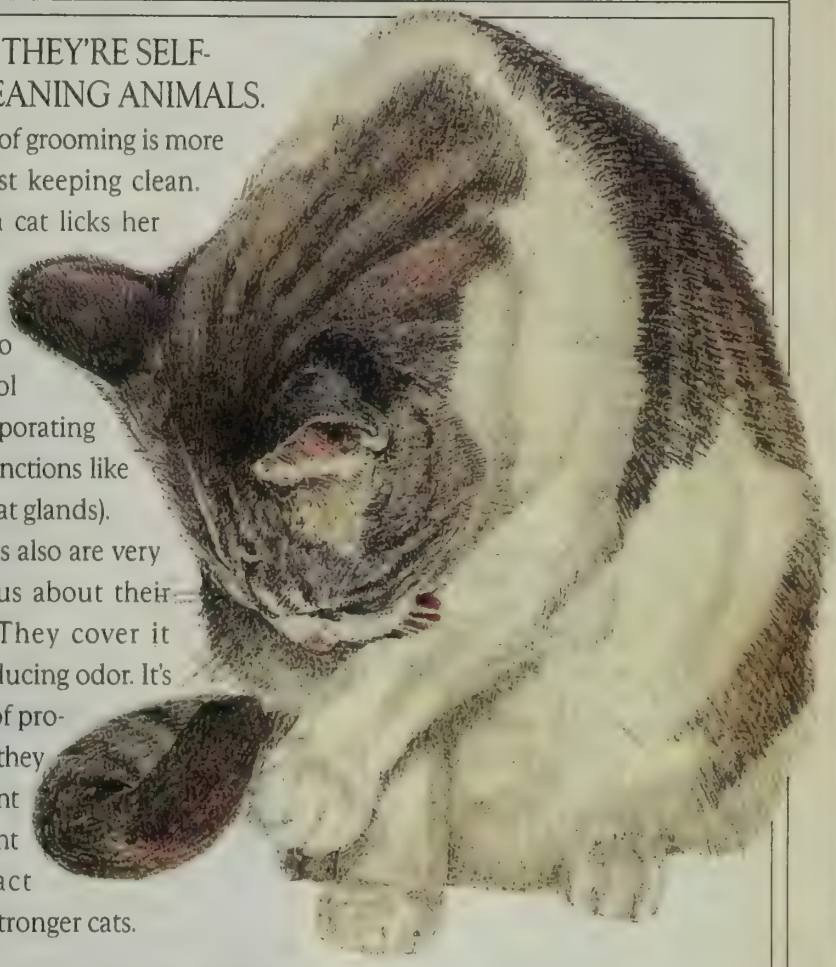
And it's not ıst reflex. Cats bserve, and then ct on nforma- on.

In fact, many eople feel cats re so perceptive hey can predict hanges in weather r sense when their owner going on vacation.

THEY'RE SELF-CLEANING ANIMALS.

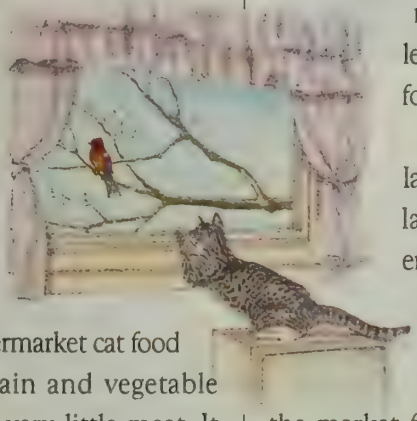
The act of grooming is more than just keeping clean. When a cat licks her fur, she may be trying to keep cool (the evaporating saliva functions like our sweat glands).

Cats also are very fastidious about their waste. They cover it over, reducing odor. It's a form of protection; they don't want their scent to attract bigger, stronger cats.



THEY INSTINCTIVELY KNOW THEY NEED MEAT.

Many humans are cutting back on meat. Unfortunately, some try to impose the same diet on their cats. But we know cats are carnivores. They're supposed to eat meat.



However, the leading supermarket cat food is primarily grain and vegetable products, with very little meat. It isn't the same and your cat knows it.

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For a free sample and valuable coupons worth over $4, call 1-800-255-4738. Ext. 223.



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FEED HER LIKE A CAT.

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TURNING ON TO COMPACT FLUORESCENTS



STEVE BJÖRKMAN

If cars were as good as compact fluorescent light bulbs, you would get 90 miles to the gallon and cars that last for 200 years.

Compact fluorescent light bulbs cut energy use and pollution by 75 percent. They last from five to 10 years and screw into regular incandescent sockets. You won't be able to replace every bulb in your house with a compact fluorescent, but four to 10 bulbs per household is a reasonable goal.

Here's a primer that will help you take full advantage of these earth- and pocketbook-friendly light bulbs.

Every compact fluorescent bulb you use keeps a half ton of smog and greenhouse gas out of the air. And compact fluorescents save you money by using 75 percent less electricity and lasting 10 times longer than regular bulbs.

The right place

The best places to put these bulbs are in those areas of the home that need a medium-intensity background light. General lighting in the kitchen is a good example. Compact fluorescents also provide good background lighting in living and family rooms. If you need to leave a light burning for safety or security when you're away for the evening, a compact fluorescent bulb in a table lamp is a good choice.

Places not to use

The current-reducing electronic ballasts in these bulbs are sensitive and should not be used with additional electronics such as dimmer switches, motion detectors, or photoelectric switches. Cold temperatures will also reduce the light output and longevity of compact fluorescents, so don't install them outdoors unless they are specially designed for such use. Also, you are sometimes better off using incandescent bulbs for tasks like reading or sewing that require a more intense, focused light.

Fitting bulbs to fixtures

The bulky shapes of compact fluorescents pose some problems. In table lamps, the harp (the pear-shaped wire that holds up the shade) is usually too narrow to fit the ballasts. There are several ways to overcome this. Buy a harp extender or modified harp at a lamp or lighting specialty store. You can also use a socket extender, which puts the bulky base of the bulb up higher where it will fit. Another choice is to buy a circular compact fluorescent bulb, remove the top of the harp, screw the light down into the socket, then replace the harp.

Other bulb shapes can be adapted to different fixtures. Folded-tube-shaped bulbs fit inside recessed lights and some table lamps. In recessed light fixtures use folded-tube lights with a reflector in the fixture or built into the bulb. Globe-shaped bulbs can be used for vanity lights, or as ceiling fixtures.

Shopping tips

When shopping for compact fluorescents, check total lumens rather than wattage. Lumens measure total light output. A 15-watt compact fluorescent bulb generates about 700 to 900 lumens, the same quantity of light that you would get from a 60-watt incandescent bulb. An 18-watt compact fluorescent can generate up to 1,200 lumens, the same as a 75-watt bulb.

You also need to do a little extra planning before you shop for a compact fluorescent bulb. Determine first where you are going to put the bulb and if it will fit, or if you'll need to modify any fixtures. Then go out and find the right bulbs for your needs and your fixtures.

The price of compact fluorescents may seem steep, but in the long run you save money. The bulbs range from $7 to $30, with most falling in the $11-$20 range. But compact fluorescents last for about 10,000 hours of use and will save you about $38 in electricity during this time. Factor in the cost of 10 year's worth of incandescent bulbs and you (and the planet) profit by a good margin.

BY TOM JACKSON



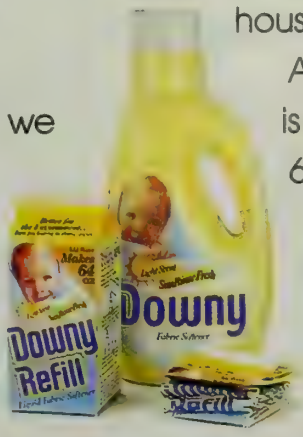


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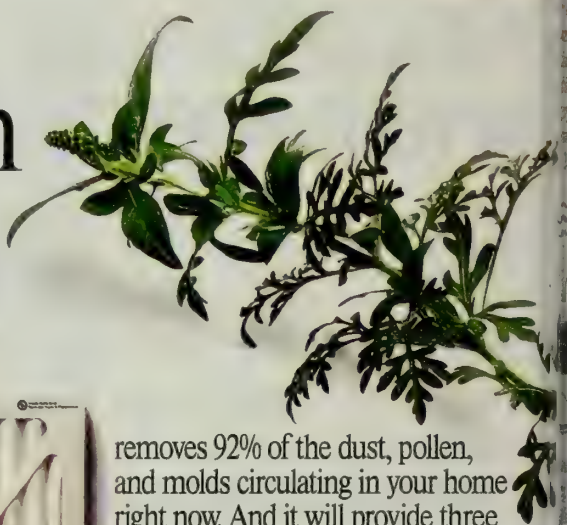
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*The Downy® Refill costs less per use than regular Downy.



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Considering everything that goes into the air you breathe, you should consider the filter that takes more things out.

Look for the Filtrete Clean Air Filter from 3M wherever you purchase your furnace or air conditioner filters.



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Innovation working for y

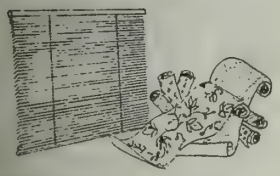
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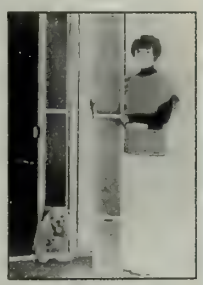


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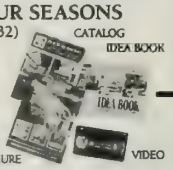
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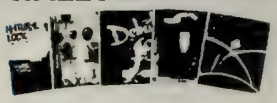
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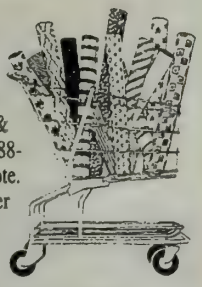
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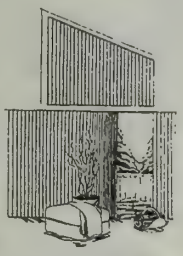
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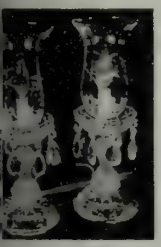


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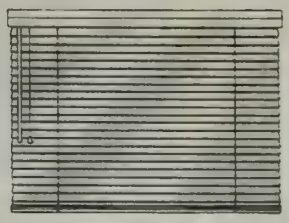
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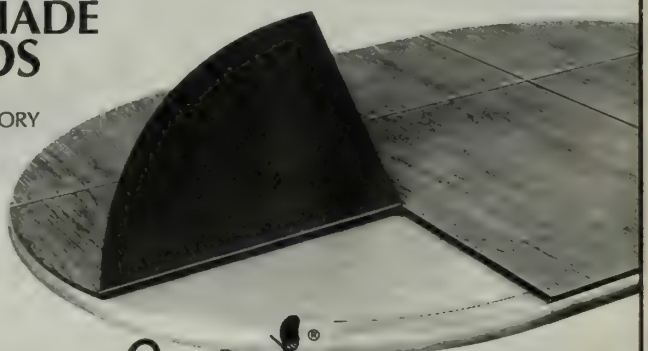
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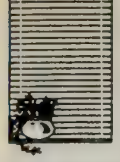
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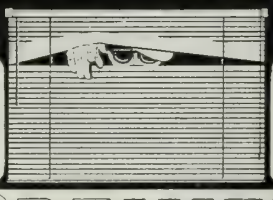
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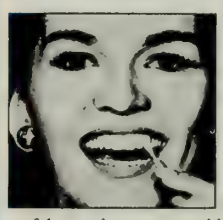
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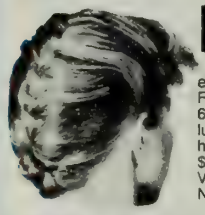
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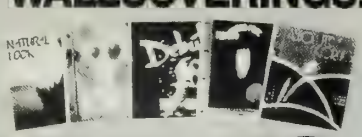
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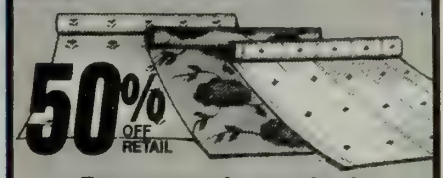
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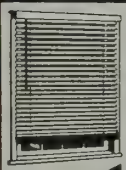
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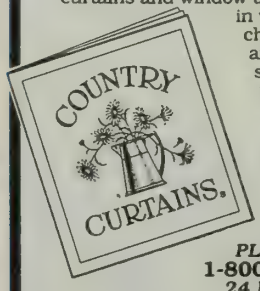
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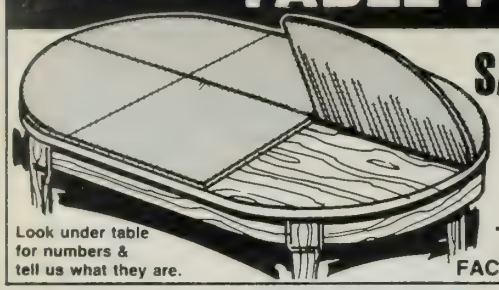
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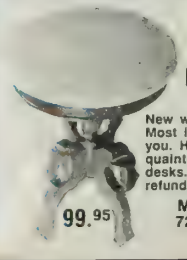
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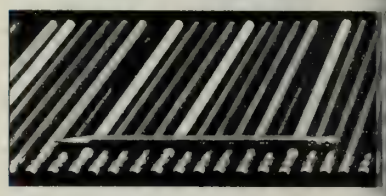
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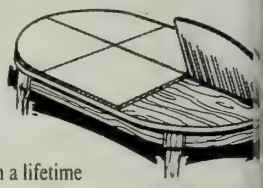
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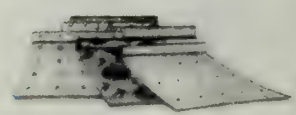
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THE MAN NEXT DOOR

OCTOBER 1991

■ My dentist says I'm overweight. Or, as he put it, "Burt, you have bad breadth."

■ The speed of sound doesn't much impress Grandma Hillis, who claims that some of the wisdom she directed toward her children didn't get through to them for 30 or 40 years.

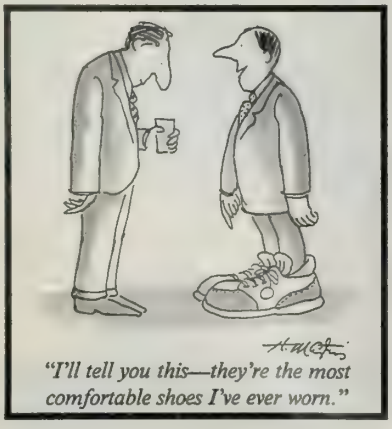
■ What with computers and fax machines, I've sometimes thought about working at home. Still, the thought of standing around the kitchen sink isn't nearly as attractive as gathering at the office water fountain.

■ Whenever Chris asks me if I "need" that second doughnut, I silently thank our insurance agent for my snappy reply: "It's better to have it and not need it than to need it and not have it."

■ Congressman Nick Hanfli agrees that modern communications have made our world much smaller, putting us on a first-name basis with places we used to encounter only in crossword puzzles.

■ Editor Earl Reeves urges his reporters to "stick to the basics," declaring that the continuing popularity of romance novels is sufficient proof that the same old themes never go out of style.

■ Bill Minchin notes that by the time most of us master our jobs, it's time to retire.



"I'll tell you this—they're the most comfortable shoes I've ever worn."



"It's a note from Kevin's teacher."

■ I guess I've been growing more conservative lately, much to the consternation of other family members. Chris has suggested that I be outfitted with a sign that reads, "The opinions expressed by this man do not necessarily reflect those of the Hillis family."

■ The problem with career tracks, Dick Dresch says, is that they're full of unmarked sidings.

■ Elaine Cowan reports that her electronic cash card represents real progress. "I used to overdraw my checking account every few months. Now I can do it at the speed of light."

■ Dot Dresch has been listening to novels on tape while she drives to work each morning. "The only drawback," she notes, "is that I find myself sitting in the parking lot waiting for the end of the chapter."

■ Editor Earl Reeves insists that he could get kids to read the classics, arguing, "All I'd have to do is print them on T-shirts and clothing labels."

■ "A bore," says Grandpa Hillis, "is a person who talks when you want to."

Our Judy, 11, was mulling over her plans for Halloween a night or two ago, talking with her mother about costumes she might use. Chris is, by now, an old hand at running up costumes.

"What are you going to do on Halloween?" I asked. "Maybe you can come up with ideas for a costume based on what you expect to be doing that night."

"Well," Judy started, "we'll probably go trick-or-treating for a couple of hours. Janey's mother has invited us to come by for cookies and punch. Then, we'll probably go to Amy Weng's for ice cream."

Pretty tame stuff compared to some of the mischief we used to perpetrate when I was a boy. For the next 10 minutes I proudly detailed some of our tricks for a Judy who looked increasingly appalled.

"Gee, Mom," she finally said to Chris, "maybe I could borrow a suit, shirt, and tie and go as a dad—that would be really weird."

Burton Hillis

November

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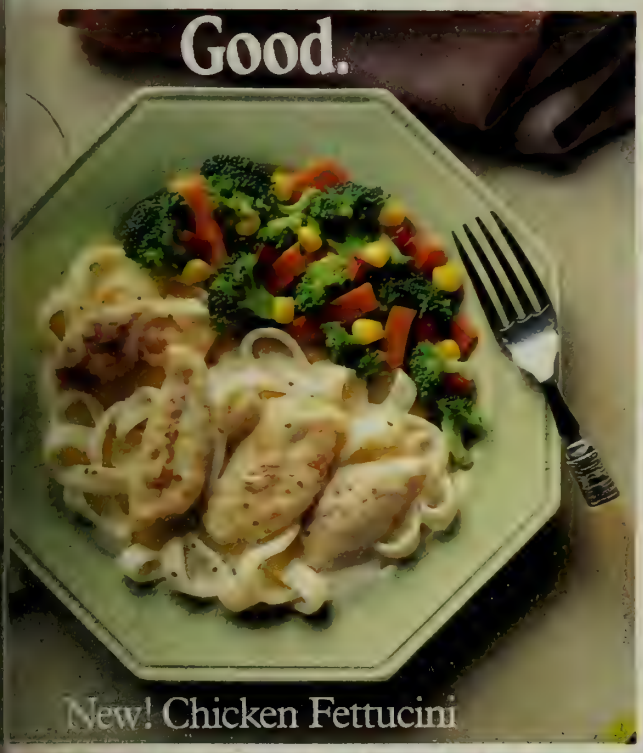
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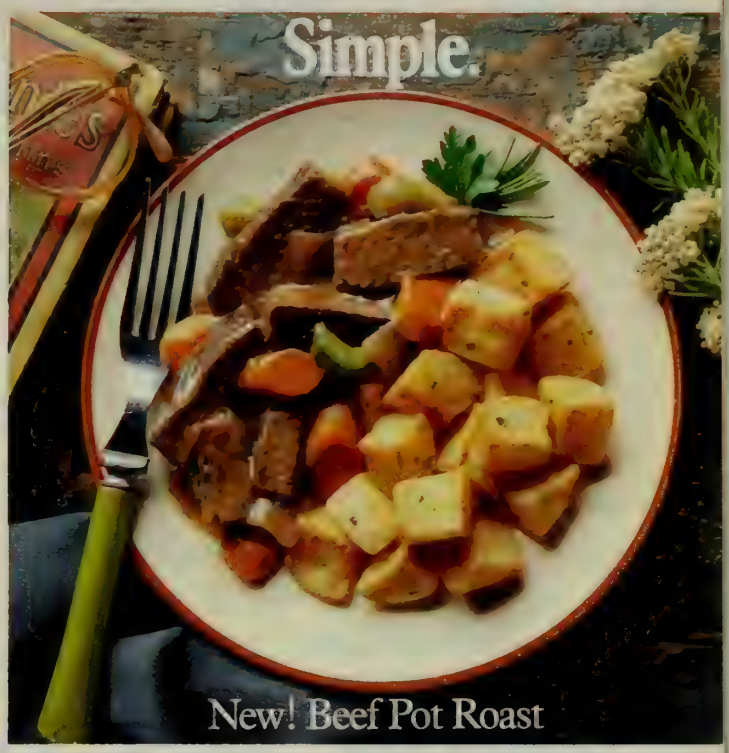
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Q: Since sugar has only 16 calories per teaspoon, and most people need at least 1500 calories a day just to exist, what does this tell us about sugar, when eaten in moderation?

16 calories

a) It's not particularly fattening
b) It's really fattening
c) I don't live in this neighborhood
d) You're standing on my foot

A: *a). Sugar, when eaten in moderation, is not particularly fattening, and makes healthy foods, like your breakfast bran, taste better.*

Q: Most of the calories in rich desserts come from:

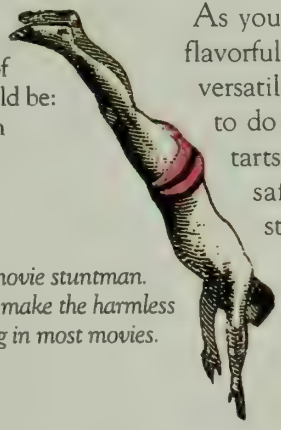
a) The evil gnome who lives under the bridge
b) Fat
c) Sugar
d) A bad attitude



A: *b). Fat. At 9 calories per gram, fat has more than twice the calories of sugar, at only 4 calories per gram. Using sugar to replace part of the fat in various recipes can actually reduce calories, making for healthy gnomes with good attitudes.*

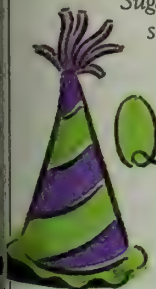
Q: If you dove through a sheet of sugar onto a trampoline, you would be:

a) A very disturbed person
b) A glutton
c) Running from the law
d) A movie stuntman



A: *d). Chances are you'd be a movie stuntman. Sugar, in solid form, is used to make the harmless stunt glass you see shattering in most movies.*

As you can now see, sugar is not only flavorful, but also a healthful and very versatile food. For all-natural ways to do everything from tastify tarts to make scary stunts safe, sugar's a show-stopper every time.



Q: Which of the following is a carbohydrate?

a) AMTRAK
b) An artificial sweetener
c) Sugar
d) A party hat

A: *c). Out of these, only sugar is a carbohydrate, which people need for energy. AMTRAK and party hats may contain carbohydrates, but you shouldn't eat them.*

sugar

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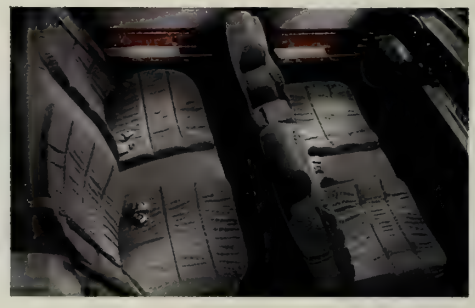
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EDITOR'S LETTER

NOVEMBER 1991



GEORGE CEOLLA

MAKE YOUR VACATION PHOTOS PAY OFF

Dear Readers,

If you're traveling this holiday season, there's a way you can donate 5 percent of your fare to The Better Homes™ Foundation to help homeless families *and* get a chance to win a great vacation for two.

Here's how it works: just dial 1-800-FLY-CHEAP. When an operator answers, identify yourself as a *Better Homes and Gardens*® reader. Then, if your travel plans can include a booking on Continental Airlines, TWA Getaway Tours, or Royal Caribbean Cruise Lines, the FLY CHEAP folks will send 5 percent of your fare to our Foundation, at no extra cost to you.

When your ticket is mailed to you, tucked in the envelope will be an entry form and the rules for the 1-800-FLY-CHEAP Vacation Photo Contest. After you get home from your travels, send in your best vacation snapshot. You could win one of four free TWA Getaway Tours for two to Europe, Hawaii, or Florida. The TWA Getaway Tours, official tour sponsor of this promotion, will provide complete free tour packages to the winners. The total prize value for these tours is $15,000.

Order your tickets anytime between now and January 15, 1992. The deadline for entering the photo contest is April 15, 1992. You must be 18 or older to participate and a U.S. citizen. This contest is void in Vermont and Maryland. The photos you send in become the property of 1-800-FLY-CHEAP. They'll be the sole judges of the contest winners.

Dial 1-800-FLY-CHEAP for any of your airline travel plans anytime. They'll get you the best fare available on the day you book and deliver the tickets overnight, if you need them fast, for a small extra fee. Call their multilingual operators from 6 a.m. to 10 p.m. PST.

If you can't participate in this travel promotion, you can still get something nice for yourself, or to give as a gift, and help homeless families, too.

When our food editors were putting together the story in this issue "Sweet Sensations—Cookbooks with a Cause," *page 153,* they decided to make a charity cookbook to raise money for The Better Homes™ Foundation. They asked food editors from our sister magazines at Meredith Corporation to participate as well. You just have to know this collection of recipes is really something special!

Then, we managed to get all photography, prepress preparation, printing, and binding done for free! So, the entire $15.95 you pay for this beautiful book goes to help homeless families. To order *Food Editors' Treasured Recipes*, see *page 162.*

I'm delighted that so many folks have done so much to make these offers possible. Now it's your turn to make those travel plans and order those cookbooks!

David Jordan

David Jordan, Editor in Chief



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BY MARGARET DALY

BUY THESE BEAUTIFUL ORNAMENTS

And help homeless families, too



1991 ornament



Collector's set of three

The lovely gold ornament pictured above (A) is the third in our collectible series of unique designs from Elizabeth Root of Hawaii.

This special offering to our readers is a win-win proposition! You'll have the ornament to grace your home during the holidays, and you'll be helping homeless families. All net proceeds from the sale will go to The Better Homes™ Foundation, the nonprofit organization we founded in 1988 to help homeless families.

Thanks largely to reader donations and responses to offers like this, The Foundation has been lending support to organizations throughout the country that are helping homeless families like Maria and Raul (*below*) get back on their feet.

Beautiful, collectible. Stamped from brass, gold-plated, and embossed with children and teddy bears in a circle, the 1991 ornament measures about 2¾ × 2¾ inches. Also available: ornaments from 1989 (B) and 1990 (C) individually, as well as a complete collector's set of all three.

To order: Each individual ornament is $20; collector's set of three, $50. Please specify when ordering: **1989 ornament, No. 29115; 1990, No. 29124; 1991, No. 29150. Collector's set of three, No. 29162.** By mail, send name, address, and check or money order for the total amount required to: *Better Homes and Gardens®*, Department 26R, Box 374, Des Moines, IA, 50336. Credit card users, call toll-free **800/678-2672.**



Frances Green (*right, in photo*), of the Pittsburg Preschool Coordinating Council (PPCC), helped Maria and Raul find permanent housing after they fled violence at home. Raul, 8, also had severe problems in school. The California agency's staff worked with Raul so that he could reenter school successfully and Maria could hold her job. Better Homes™ Foundation grants support a PPCC program for homeless families.

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Miniature MARVELS

Tiny Plants That Keep On Blooming

A new generation of houseplants is abloom. These charming wee breeds will flower all winter without a lot of babying. Some are new plant varieties, specially bred to stay small; others are simply standard varieties that bloom at a tender age. Look for these miniature marvels at grocery stores, greenhouses, and garden centers.

BY JANE AUSTIN McKEON



PHOTOGRAPHS: JON JENSEN; REGIONAL EDITOR: BONNIE MAHARAM

DWARF AZALEAS

The plants are small, but there's nothing puny about the blooms on Tiny Dancers dwarf azaleas. Producing standard-size blossoms, these potted flower factories perform tirelessly in an elegant tabletop arrangement.

CARE TIPS

- **Keep soil moist.**
- **Locate pots in a cool room with bright, indirect light.**
- **When blooms fade, repot plants in fresh peat moss.**
- **Feed every two weeks with an acid fertilizer until new buds form.**

MINIATURE MARVELS

MINIATURE ROSES

Rose lovers, rejoice. Miniature varieties will carry the warm colors of summer indoors while your outdoor roses are under winter wraps. These sweethearts perform like their larger cousins, only all the parts—including blossoms, leaves, and stems—are much smaller. Sunshine keeps them blooming year-round.

CARE TIPS

- Set pots in direct sunlight. A south window is best.
- Keep soil moist, but not soggy, at all times.
- Feed plants every two weeks with a balanced fertilizer while they are blooming.
- Keep plants bushy by snipping off stems after flowers fade.



MINIATURE AFRICAN VIOLETS

Once available only in standard sizes, African violets now come in miniature forms, too. Because the pots also are petite, these cuties are sold with special water-filled containers. A wick running from the pot to the reservoir keeps soil moist. Replenish the water often, keeping the level below the bottom of the pot.

CARE TIPS

- Give plants bright, indirect light.
- Raise humidity around plants by clustering several pots.
- Feed plants every two weeks with a fertilizer specially formulated for African violets.





MINIATURE MARVELS

NEW FLEURETTES

An exciting new flower breed, called Fleurettes, is winning rave reviews. Smothered with 1-inch daisylike blooms, the pint-size plants are a cross between a domestic chrysanthemum variety and a wild, Asiatic species. Varieties pictured here are Chantal (white), Papillon (deep pink), and Blondelle (yellow). Fleurettes will bloom for up to four weeks indoors. In the South, transplant Fleurettes outdoors in spring for flowering in mid to late October.

CARE TIPS

- Place plants in bright, indirect light, away from heat sources.
- Water when soil begins to feel dry. Never wait until leaves wilt.
- Avoid fertilizing plants while they're flowering.





MINIATURE MARVELS



DWARF ANTHURIUMS

Being the baby of the family has advantages. This little anthurium grows only 12 to 24 inches tall, a height that's just right for tabletop arrangements. Because dwarf anthuriums stay small, combine two or more plants in one large container for best effect.

CARE TIPS

- **Set plants in a warm room, away from cold drafts and direct sunlight.**
- **Sink the pot (or pots) into a larger container, covering the crowns and filling the gaps between the pots with moist, long-fibered sphagnum peat moss. This technique, called double potting, will help raise humidity, necessary for flowering.**
- **Keep soil moist at all times.**



BABY KALANCHOES

Kalanchoes are precocious bloomers, showing off when they're still young and small. Producing flowers in pink and orange, these sassy succulents display endearing exuberance long before they're full-fledged grown-ups. When roots become crowded, transplant to larger pots.

CARE TIPS

- **Give plants at least four hours of direct sunlight each day.**
- **Feed plants every two weeks with a balanced houseplant fertilizer.**
- **Allow soil to dry out between waterings.**

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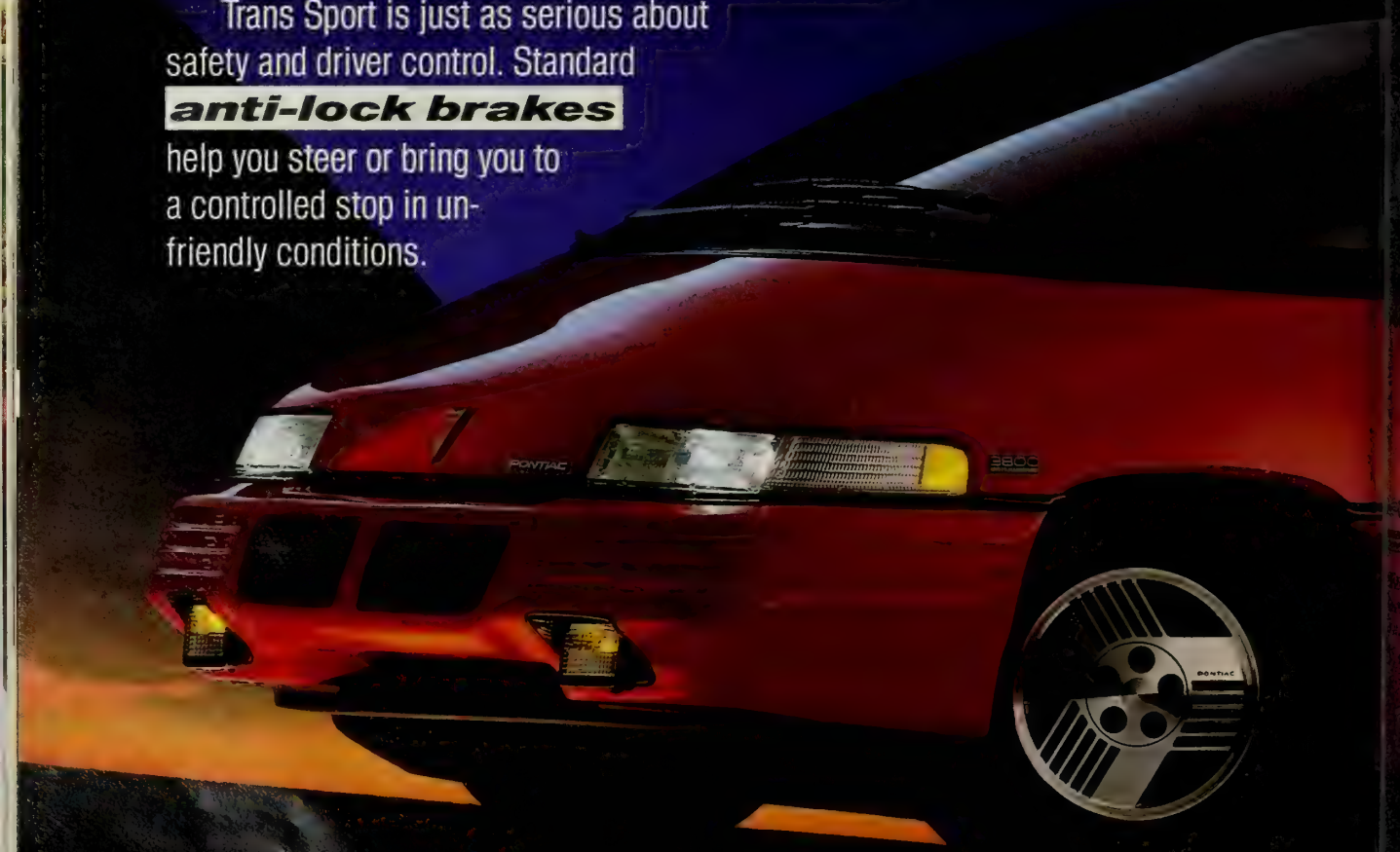
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"Baby Seals"

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diameter of 8½ inches
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Roly-poly balls of snowy fur. . .enormous, soulful eyes. . . droopy black whiskers. . .harp seal pups are a sheer delight. Now they frolic and cuddle on the icy arctic rookery where they were born just days ago as artist Mike Jackson captures all the beauty and charm of these wildlife babies in a fine bone china collector's plate. "Baby Seals" is available now—and it looks like a smart buy. Here's why Bradford recommends it:

"Baby Seals" is an important first issue —the first plate in *The Beauty of Polar Wildlife* collection from Britain's esteemed Royal Grafton China in affiliation with the Collector's Treasury.

It's an important work of art created from an original work by artist Mike Jackson. Attesting to its importance, each plate is hand numbered and accompanied by a Certificate of Authenticity.

It has the potential to appreciate in value. The edition of "Baby Seals" is limited to a maximum of 150 firing days. Once the edition closes, collectors' demand could exceed the supply of plates and force asking prices up dramatically.

The Bradford Exchange—picking winners since 1973. Worldwide, limited-edition plates are the *only* collectibles traded on an organized exchange. And with offices in the United States and nine foreign countries, Bradford is at the very heart of this exciting international market. That means Bradford analysts can often spot trends in the making.

If, for example, you had followed one of our major recommendations in 1978, you would have bought the first issue in the *Gone With the Wind* series, at just $21.50—that now trades at $250.00.* More recently, if you had acquired "The Jaguar," an exceptional wildlife plate from the Knowles *Great Cats of the Americas* series, you would now own a plate valued at more than double its 1989 issue price.

Like any marketplace subject to the laws of supply and demand, the plate market is ever changing. Not all plates go up in value; some go down. But right now, Bradford Exchange analysts rate "Baby Seals" as one of the year's top prospects . . . and we'll back up your purchase with our unconditional 365-day guarantee.

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10 GREAT TEACHERS AND WHY THEY GET A's

Great teachers are the ones your kids talk about at home, the ones who make children laugh, get them excited, and, it seems, effortlessly lead them to knowledge.

"Great teachers," says Ann Lieberman, professor of education at Columbia University's Teachers College, "empathize with kids, respect them, and believe that each one has something special that can be built upon."

With the help of prominent education organizations, we found 10 such teachers. These aren't the only great teachers in the nation—or even in their schools. Still, they're folks from whom we can all learn something.



GOING THE EXTRA MILE

Pat Bleazey, Lanier Elementary School, Maryville, Tennessee.

Some kids in Pat's kindergarten class live within earshot of the school bell, while others travel 30 miles to attend classes. Even so, Pat takes the extra time to visit each student's home before the school year begins.

"You just learn so much about their families and their home environment," she says. "I see how they relate to their parents. I meet their pets. I see their toys and their bedroom. Sometimes I even meet their grandparents. That way, as the year goes on and they talk about things in school, I know what they mean."

The visits also help Pat recruit parent volunteers, a resource she says is vital to successful classrooms. "It's important to have parents working as a team with the teacher."

—Andrea Atkins, a former education editor for Better Homes and Gardens® *magazine, is a free-lance writer living in New York City.*



TEACHING THE WRITE STUFF

Dawn Harris-Martine, Mahalia Jackson Elementary School, New York, New York.

"Let me!" "Let me!" Youngsters aching to wash the blackboard or water the plants wouldn't shout these words in Dawn's second-grade classroom. Students must apply for such high-profile jobs *in writing*. It doesn't matter that these are 7-year-olds, mostly from poor, single-parent homes in Harlem. Dawn sees them as eager kids ready to learn.

Dawn knows that successful writing skills go hand-in-hand with reading skills. So her students read ravenously, to her, to parents, and to other students—or sometimes simply to themselves. What's more, students read and critique their own writing. The result: Most students jump two grade levels on standardized tests by the end of the school year.

"Dawn doesn't lament about what these kids don't have," says a longtime associate. "If a child isn't learning, Dawn just tries something else."



CELEBRATING DIVERSITY

Kathleen Duplantier, Abita Springs Elementary School, Abita Springs, Louisiana.

"And for your next assignment. . ." Kathleen sensed it: A fascinating heritage lay beneath the surface of everyday life in Abita Springs. So she asked her students to find it. What her kids uncovered gave life to the Hypertext Folklife Project, a computer-based cultural encyclopedia chronicling local families' stories.

Kathleen and the teachers at her school made the idea work with a grant from Apple Computer.

The kids interview speakers from the community and capture the stories on computer discs. Students' grandparents, aunts and uncles, and parents—who may descend from Choctaw Indians, Cajun French, Italians, African Americans, or Germans—have all participated.



HAVING A BLAST WITH MATH

Gary Froelich, Bismarck High School, Bismarck, North Dakota.

Gary's formula for teaching math is simple: add card tricks, stories, and technology to the lesson plan. Doing so helps students develop positive attitudes toward mathematical thinking, he says.

The strategy, figures Gary, is to show his students the value of what they're learning before they can say, "What good is this stuff?"

Gary also arranges the desks in his classroom into a horseshoe design to get kids to work together in groups.

"The groups help kids to talk about math," says the 25-year veteran who's taught algebra, precalculus, and many other math courses. "All they've ever done is listen to someone else talk about math. Now, they're doing the talking. Besides, people today don't have jobs where they work alone. Working together reflects what's going on in the world."



PUTTING A TWIST ON LEARNING

Judith Decherd Jones, Chapel Hill High School, Chapel Hill, North Carolina.

The Snake Lady: Judy didn't get tagged with the moniker because she's ornery. She just hap-

continued on page 34



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GREAT TEACHERS

continued from page 32

pens to house a boa constrictor and a python in her biology classroom. Add to that gerbils, an iguana, and ferrets. Oh yes, and a number of plants.

Judy specializes in capturing the attention of a class. Take her method of teaching ocean life, for example. Judy had a truckload of soil from the North Carolina coast dumped on school grounds. Then she captained her students on a dig, where they found fossils and other bits of marine life. Her classes even gave elementary kids tours of the "site."

Judy wants her students to learn more than science. "I hope they feel a wonder at the living world," she says.



BACK TO NATURE

B. J. Utech, West Middle School, Cherry Creek School District, Colorado.

Education springs to life in and out of B.J.'s sixth-grade classroom. Each year kids study survival and nature for three weeks prior to 'Hawkquest," a field trip in which students track a hawk in the wild.

B.J. believes that school should help children make connections between learning and life. Often she assigns her kids novels that relate to their study of science or social studies.

Her biggest strength as a teacher: "I'm a learner. When a child asks me a question, I get a kick out of saying, 'I don't know. Let's go find out.' "

It helps that B.J. loves the age group she teaches. "Eleven- and 12-year-olds are loaded with energy," she declares. "They grab your arm and say, 'Come on, let's do this.' When we let that curiosity come out, then we bring life to education."



BUILDING TRUST AMONG STUDENTS

Linda Nathan, Fenway Middle College High School, Boston, Massachusetts.

Journal writing, brainstorming, and script writing all play a lead role in Linda's popular theater class. So, too, do the noncompetitive games that students play to develop trust in one another. But the ultimate project is a performance of each student's own play, usually based on real-life experiences.

Linda reports that she simply believes in what she's doing. She never lets her administrative duties cloud the real reason she's there: The kids, 80 percent of whom come from single-parent homes, and 10 percent of whom are parents themselves.

"To me it's the noble profession," remarks Linda of teaching. "It's one of the best ways to influence change."



MAKING KIDS FEEL SPECIAL

Glenda Peterson, Poplar Bridge Elementary School, Bloomington, Minnesota.

On the first day of school, each student in Glenda's first grade class receives a pink feather and a note that reads: "I'm tickled pink to have you in my class."

Glenda's light touch on opening day is just one way she makes students feel comfortable in school.

"She must work 40 hours a day," says parent Beth Duffy. "At the end of last year, she got a grant that enabled her to make a videotaped portfolio of each kid. It was phenomenal!"

"When my son started kindergarten, he had a hard time staying in school," explains parent Mary Winchester. "I can honestly say that she turned a school-phobic child around." How did she do it? "She makes these kids feel like they're on top of the world," says Winchester.

"First grade is so important," professes Glenda, who's been teaching for 30 years. "That's where a child is really turned on to school and can become a lifelong learner."



SOUL-SEARCHING FOR STUDENTS

Joyce Kent, San Marcos High School, Santa Barbara, California.

You might call it California dreamin'. Each year students from Joyce's English classes spend 10 minutes each day, for two weeks, in their backyards sitting with plants. The kids watch the plants, think about them, and, ultimately, write about them in a journal. Joyce isn't encouraging eccentricity; she's simply teaching kids about Henry David Thoreau and what he was doing at Walden Pond.

"The kids start out writing about the plant, but soon they write about nature. Then their thoughts turn to themselves and they begin to write what life's all about," says Joyce, who's been teaching for 30 years.

"Joyce Kent is what every teacher would probably like to be," guesses her principal, Bob Ferguson. "She's taught for a long time, and yet she still has the enthusiasm of a first- or second-year teacher. She has a real passion for kids and for learning."



ENERGIZING A CLASSROOM

Carlota Cardenas de Dwyer, Clark High School, San Antonio, Texas.

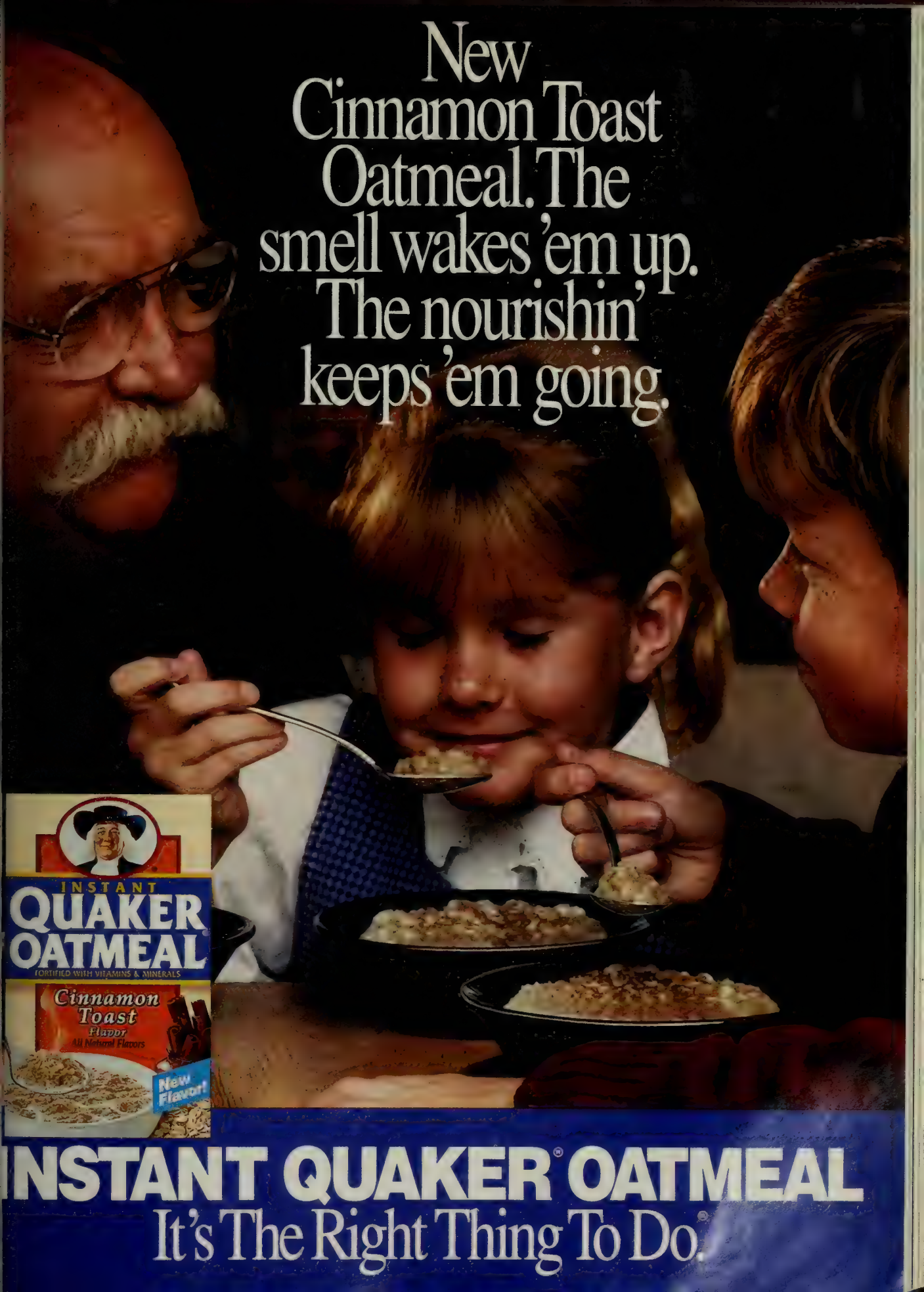
Toss out the idea of a typical day in Carlota's honors English class. One day she might don a paper crown and wave a sword over her head to act out *Macbeth.* The next day she challenges her students to unravel the symbolism in *Moby Dick.*

"She's very enthusiastic," attests former student Abby Bentch. "And that definitely rubs off."

Carlota's fervor is evident even in casual conversation. "There's something about children learning that is absolutely an elixir to me," she proclaims after 30 years in the profession. "I don't teach English because *I* love *Macbeth.* I teach because I want *these kids* to love *Macbeth.*"

Even though she's childless, Carlota often has a houseful of kids—especially on Sundays. Members of the Academic Decathlon team, which she coaches, are huddled around the kitchen table or sprawled out in the den. The front door is open, and students stop by, sometimes introducing their boyfriends or girlfriends to Carlota and her husband.

As a member of the National Board of Professional Teaching Standards, Carlota spends a lot of time discussing teaching. But she says it all comes back to what happens in the classroom. "When kids love something, you can see it on their faces."


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HOME FOR THE HOLIDAYS
How to treat your college kid



Changes are part of the college experience.

For some parents of college-age kids, holidays and other school breaks may seem less than joyful. Kids temporarily reentering the family after months of independence may bring home a new set of habits, even a radically different lifestyle. Parents are often left wondering if the boundaries of their authority have changed.

WELCOME HOME, SON

I remember the first time my now 23-year-old son Eric came home during semester break from college. The once clean-cut kid was sporting slightly shaggy hair and an earring in his left ear. He also ate us out of house and home, seemed oblivious to helping around the house, and transformed his once-neat bedroom into a replica of his disheveled dorm room.

My wife Willie and I felt as if we were living with a total stranger. We had been looking forward to his homecoming, but our barely suppressed anger began to get in the way of reestablishing a constructive relationship with our son. We finally sat down together, talked things through, and resolved the problem. In the process, we realized that had we been less idealistic, and more realistic, the problems wouldn't have upended us quite so much, if at all.



—Family psychologist John Rosemond's new book, Parent Power! *(Andrews/McMeel), is now available in most bookstores throughout the country.*

Behavior of this sort is simply an expression of new-found independence and individuality. Although the youngster may appear inconsiderate, irresponsible, even rebellious, that isn't the intention. In the past, parents were there to establish and enforce expectations on a daily basis. Lacking that structure, the youngster's habits are likely to change.

Based on my experience and those of other parents of college-age kids, here are several problems typical of homecomings of this sort, and suggestions for dealing with them:

Problem: The youngster seems unmindful of the fact that he or she is still a member of a family. The child comes and goes at all hours, messes up rooms, and may even expect to be catered to.

Solution: Be proactive. Try to anticipate the reentry problems and do something about them *before* they occur. Shortly after the youngster arrives home, call a family conference. Put your concerns and expectations on the table, invite discussion, and reach a compromise. Ask, "What do you think is reasonable for us to expect of you while you're home?" A child of this age is more likely to cooperate when responsibilities are self-defined rather than imposed.

Don't insist, for example, that the youngster's bedroom be kept neat, *and* that he or she always clean up messes made in the kitchen. Instead, try to realize that the youngster will probably be more cooperative about the kitchen if you agree that the bedroom is his or her business, not yours.

Problem: The youngster often resists attending family functions and the like.

Solution: The basic issue here, from the youngster's point of view, is "Who controls my life?" A power struggle won't accomplish anything, so you might say, "Over the next few weeks, we've planned these family events (offer a list). Let us know which of those you want to attend and which you'd rather not."

Problem: The child returns home flaunting a radical new lifestyle.

Solution: Be tolerant and accepting. Remember that lifestyle experiments are part of the college experience of breaking away and finding an independent identity.

I remember returning home from college break. I had long hair and I was wearing an army jacket. My mother just looked at me and said, "Well, hi there." That was all. She knew that sooner or later, I would decide what was right for me. And I did. And so did Eric. And so do most of them. In the end, a good upbringing will prevail.

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OUR ENVIRONMENT

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Not all trash is alike.

Most of what you throw away is harmless. But there are substances that can and do leach out of landfills, pollute our groundwater, and accumulate in the food chain. Here are the worst offenders.

Paints and solvents, by weight, make up most of our hazardous household trash. Many paints contain petroleum distillates, mercury, formaldehyde, and other long-lasting toxins. Solvents can contain toluene, benzene, or methylene chloride.

Household batteries, the flashlight and button varieties, make up the second largest category of hazardous waste. Americans throw away between 1½–2½ billion batteries every year. These contain toxic metals such as lead, mercury, and cadmium.

Automotive products such as used motor oil, brake fluid, antifreeze, and transmission fluid contain lead, ethylene glycol, and a host of other environmentally harmful compounds. Used automotive batteries contain lead and sulphuric acid. Gasoline contains benzene—a known human carcinogen.

Miscellaneous items: Pesticides and herbicides can wreak havoc years later and miles from the dump site. Mothballs, paint strippers, and many polishes contain suspected human carcinogens. Pool chemicals are highly corrosive.

. . . AND WHAT TO DO ABOUT THEM

Here are some environmentally preferred disposal tips for hazardous products around the house.

Paints and solvents should be used up, given to a friend, or donated to a community group. If you have an odd assortment of leftover paints, mix them together to make an institutiuonal beige or an all-purpose primer paint. (Mix only paints that share the same base: latex with latex, oil with oil.) As a last resort, dried out latex paint can be sealed in the can and disposed of in the trash. Solvents, thinners, and strippers, should be used up, given away, or taken to a hazardous waste facility.

Household batteries should be taken to a hazardous waste facility. You can reduce your need for disposable household batteries by using rechargeable batteries. As for button batteries, many of the stores that sell watches and cameras will take button batteries back for recycling.

Automotive products. Many service stations and retail stores that sell automotive products take used motor oil for reprocessing. Automotive batteries are also taken for recycling by most stores and service stations that sell them. Brake and transmission fluids, and automotive paint go to a hazardous waste facility.

Miscellaneous items. Never put these products into your household trash: gasoline, mothballs, pool chemicals, wood preservatives, photographic chemicals, paint strippers, flea powder, and polishes containing nitrobenzene. Use these up, give them away, or dispose of them at a hazardous waste facility.

Most large cities have permanent hazardous waste facilities. Many smaller cities sponsor drop-off days where homeowners can hand over hazardous waste for proper disposal. To find out, call your local garbage or city sanitation department.





14 WAYS TO MAKE YOUR HOLIDAYS HEALTHIER

BY JULIA MALLOY AND PAUL KRANTZ

"Have a healthy, happy holiday." It may be easy to say, but difficult to do when you're caught up in the season's whirl. Take a few small steps now to keep your family well throughout the holidays. That means being aware of common holiday hazards and keeping your diet and exercise programs on track during the busy days ahead.



Shop by Number

If fighting long checkout lines and crowds at the mall makes you uptight, let your fingers do the shopping. Curl up by the fire with some mail-order catalogs, a cup of hot cocoa, and your telephone. Most mail-order companies will deliver gift-wrapped packages directly to your loved ones, so you don't need to wrap them.



Make a List, Check It Thrice

Lower your holiday stress level by jotting down all your *to dos* in a list, then color-coding them. Color your *must dos* gold, your *should dos* red, and your *want tos* green. Go for the gold, but plan to leave a few red and green items undone. Instead, substitute some spur-of-the-moment family fun.

Shop Off Extra Calories

Find a mall with off-hours mall-walking. You can window-shop for gifts and get aerobic exercise at the same time. One hour of brisk, nonstop walking can burn as many as 312 calories.





Smart Snack Shopping

Bolster flagging energy during holiday shopping sprees with a nutritious bite:

- For snacks that have less than 30 percent of their calories coming from fat, try soft pretzels, plain popcorn, low-fat frozen yogurt cones, low-fat milkshakes, jam-topped English muffins or bagels, side salads with fat-free dressing, or fresh or dried fruits.
- For a mini meal, order a vegetable pizza (without extra cheese), a plain vegetable-topped baked potato, a grilled chicken sandwich, or a plain small hamburger.
- For thirst quenchers, request iced water or hot cider.

continued on page 42

Illustrations: Dave Calver
Photographs: Scott Little



How Orange Juice Can Bring More To Your Face Than Just A Smile.

The natural ingredients in orange juice can really contribute to the look—and feeling—of well-being.

Its folic acid helps make new cells, which is extremely important for healthy skin. And it has lots of Vitamin C (exceeding recommended daily requirements), and potassium, helping to replenish the amounts you lose each day.

What's more, orange juice also helps your body absorb iron. It's naturally fat-free and cholesterol-free. And its bright, sunny taste can do wonders for your smile.

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Florida Quality Orange Juice. It Makes You Feel So Good.

tate of Florida, Department of Citrus, 1991

14 WAYS TO MAKE YOUR HOLIDAYS HEALTHIER

continued from page 40

Take Charge of Batteries

Those small button-shape batteries make watches and electronic games totable, but they also pose a hazard. If swallowed, these puny power plants can lodge in the digestive tract to release poisons or cause electrical burns. Keep batteries away from tots and pets, and call your doctor or vet immediately if you suspect your child or pet has swallowed a battery.

Pamper Your Pedes

In a recent study, nine out of 10 women sported undersize shoes—a surefire prescription for aching feet. To keep holiday foot woes at bay, lace on a well-fitted pair of walking shoes to gift-shop. Hot tip: Buy shoes at day's end, when feet are largest. Also, allow a half inch of space between the end of your longest toe and the end of the toe box.



Do a Party Mix Makeover

This year, try our low-fat party mix.

Heat and stir two ½-oz. envelopes *butter-flavored mix,* ¼ cup *water,* ¼ cup *sodium-reduced Worcestershire sauce,* 2 Tbsp. *cooking oil,* ½ tsp. *garlic powder,* ½ tsp. *seasoned salt,* and several drops *bottled hot pepper sauce.* Spray a large roasting pan with *nonstick spray coating.* Add 5 cups *pretzels,* 4 cups *bite-size wheat* or *bran square cereal,* 4 cups *bite-size shredded wheat biscuits,* 3 cups *oyster crackers,* and 2 cups *bite-size rich round crackers.* Add butter mixture; toss to coat. Bake at 300° for 45 minutes, stirring every 15 minutes. Cool on foil. Serves 32.

Nutrition information per ½ cup: *118 cal. (24% from fat), 3 g fat.*

Work in a Winter Wonderland

An ice- and snow-free path from driveway to front door will prevent nasty spills, but do your back a favor when you shovel the white stuff:

- Shovel only if you're in shape. If not, find a fit and willing shoveler.
- Use a shovel with a D-shape handle for an easier grip.
- Take it easy at first to warm up. Cool down and stretch afterward.
- Keep loads light and hold the shovel as close to your body as you can.
- Lift with your legs, keeping your spine upright. *Never* lift and twist.
- For serious shoveling, wear a weight-lifter's support belt to stabilize your abdominal muscles.

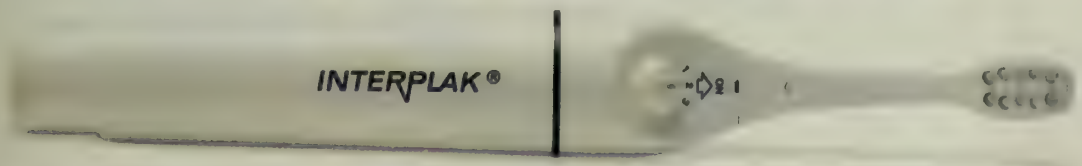
Toast with a Mocktail

Catch the holiday spirit without overindulging in holiday spirits. National dietary guidelines suggest that if we do drink alcohol, we should do so only in moderation. These ideas may help you to cut back:

- Substitute more tomato juice for some of the vodka in a Bloody Mary.
- Serve tonic with a twist of lime and skip the gin.
- Drink a wine spritzer, with ice and soda or juice, instead of just wine.

continued on page 44

IT'S TIME THE TOOTH FAIRY GAVE YOU SOMETHING FOR KEEPING YOUR TEETH.



Finally, there's something you can believe in to help keep your teeth healthier, longer. The advanced technology of the INTERPLAK® Home Plaque Removal Instrument. Its bristles rotate 4200 times a minute, and change direction 46 times a second, to clean your teeth nearly plaque-free, reduce gingivitis and help fight gum disease.

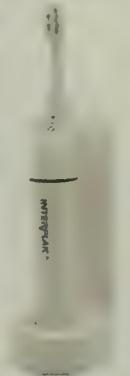
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The INTERPLAK Home Plaque Removal Instrument is acceptable as an effective cleaning instrument, which significantly reduces both dental plaque and gingivitis when used as part of a program of good oral hygiene and regular professional care. INTERPLAK® is the registered trademark of Bausch & Lomb Oral Care Division. © 1991 Bausch & Lomb Oral Care Division. 36 USC 380.

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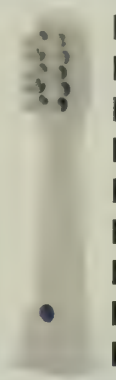
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01

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INTERPLAK® HOME PLAQUE REMOVAL INSTRUMENT

03

14 WAYS TO MAKE YOUR HOLIDAYS HEALTHIER

continued from page 42



Think Slim Holiday Cooking

- Grease pans with nonstick cooking spray.
- Skim fat from soups and gravies.
- Trim the skin and fat from poultry and meats.
- Opt for broiling, baking, and steaming over frying and sautéing.
- Use low-fat dairy products, except in cookie baking.
- Look for low-fat recipes like the eggnog *at right* or the party mix on *page 42.*



Mix a Low-Fat Eggnog

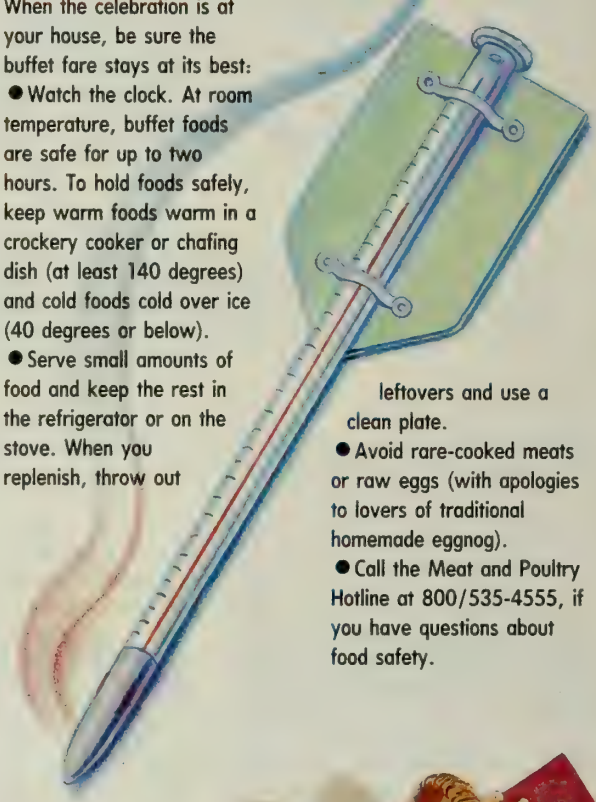
Over medium heat stir 4 cups *skim milk;* one 12-oz. can *evaporated skim milk;* one 8-oz. carton *frozen egg product,* thawed; and ½ cup *sugar* about 10 minutes or till slightly thickened. *Do not boil.* Stir over a bowl of ice water 2 minutes. Cover; chill 4 to 24 hours. Stir in ⅓ cup *light rum* and 1 tsp. *vanilla.* Stir in more *skim milk* till of desired thickness. Sprinkle with *ground nutmeg.* Serves 12.

Nutrition information per ½ cup: *99 cal. (2% from fat), 1 g fat.*

Party Safe

When the celebration is at your house, be sure the buffet fare stays at its best:

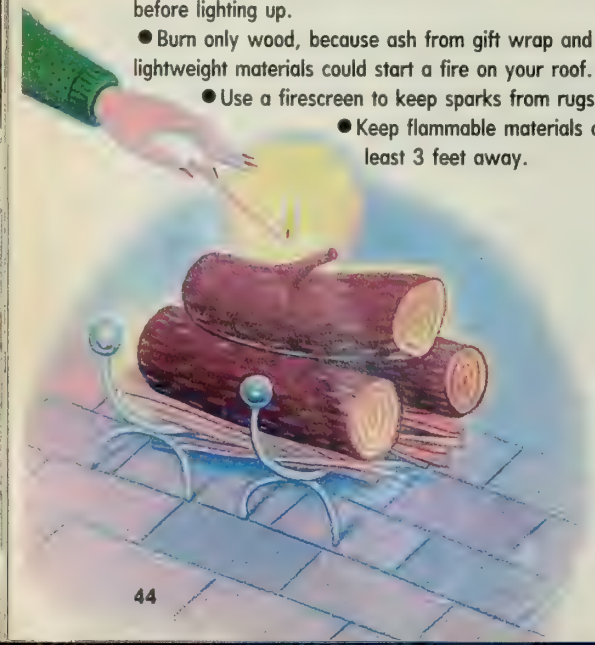
- Watch the clock. At room temperature, buffet foods are safe for up to two hours. To hold foods safely, keep warm foods warm in a crockery cooker or chafing dish (at least 140 degrees) and cold foods cold over ice (40 degrees or below).
- Serve small amounts of food and keep the rest in the refrigerator or on the stove. When you replenish, throw out leftovers and use a clean plate.
- Avoid rare-cooked meats or raw eggs (with apologies to lovers of traditional homemade eggnog).
- Call the Meat and Poultry Hotline at 800/535-4555, if you have questions about food safety.



Ignite a Fireside Romance

Fireplaces burn brightly this time of year. But, before you cozy up to the hearth, be sure your fire is safe:

- Remove any hanging decorations from the mantel before lighting up.
- Burn only wood, because ash from gift wrap and other lightweight materials could start a fire on your roof.
- Use a firescreen to keep sparks from rugs.
- Keep flammable materials at least 3 feet away.



Give a Good-For-You Gift

Show you're all heart by sharing homemade heart-healthy gifts. Create a heartland basket with low-fat foods from the Midwest: wild rice mix, dried mushrooms, dried cranberries or blueberries, flavored popcorn, and your own jam. Or, gift wrap a whole-grain muffin mix, herbal teas, and fresh fruit. BHG



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leg lifts *fork lifts*

TWO EXERCISES YOU CAN DO AT HOME.

Go ahead. Because you can watch what you eat and still have dessert with New Lovin' Lites™ Cake Mixes and Frostings. Cake that's 97% fat-free. Frosting with ⅔ less fat. And all of it cholesterol-free. With the taste that's all Pillsbury. Lovin' Lites™ Brownies and Muffins too.



Lovin' Lites™

Mixes and Frostings

 BY ANDREA ATKINS

ETERNAL YOUTH
Strategies for turning back the hands of time



Plastic surgery can erase decades of character lines. But it's not the only—or even the best—path to the fountain of youth.

Youth isn't being wasted just on the young anymore. Today, more and more baby-boomers are seeking the fountain of youthful appearance.

In 1990, Americans had more than 644,000 cosmetic surgery procedures. That's a 69 percent increase since 1981, says the American Society for Plastic and Reconstructive Surgeries.

Or consider these new wrinkles: Sales of face lotions and moisturizers jumped 14.4 percent between 1989 and 1990 says Beth Goldberg, an analyst with Goldman Sachs in New York.

Plastic surgery and cosmetics are indeed two paths to the fountain of youthful appearances. Here's a review of both—along with information about a third path that's turning out to be the surprise winner.

THE KINDEST CUTS OF ALL?

An aging siren once remarked that she still possessed everything she had when she was 24—"only six inches lower." Enter the plastic surgeon, who can take up the slack, so to speak, and steal years from your appearance. Or the dermatologist, who can peel away decades of experience lines in a matter of hours.

And it's not just your face: If your legs are covered with varicose veins, they can be surgically corrected. If diets fail to narrow your waist to isthmus proportions, you can have fat surgically removed through a process called liposuction.

"The technology is fantastic," says Albert Kligman, M.D., Ph.D., director of the Center for Human Appearance at the University of Pennsylvania. "If one has the resources, there's no reason to look unhandsome at age 80."

But before you go running to doctors—or agree to any procedure—think it through carefully. All medical procedures, including plastic surgery, carry risks, even a slight risk of death. And although the chances of permanent problems are very low, these unwanted effects can be disfiguring.

Even when successful, say some experts on aging, plastic surgery improves appearance, not health. "There's a difference between feeling good and looking good because your skin folds are plastered back behind your ears," says Molly Mettler, who chairs the Health Promotion Institute for the National Council on the Aging.

Provided you don't expect plastic surgery to change your whole life, the most common procedures usually yield satisfying results. But before you act, investigate. Work only with a surgeon or dermatologist who is board-certified. Be sure he or she has done the procedure you are seeking many times, and expect a lot of questions about your motivation; a good doctor doesn't want you to be disappointed.

Here is a quick rundown of the most common procedures and their costs. We've listed potential risks, which are usually slight, though your risk will depend on the precise procedure and your medical history. Your doctor should fully explain all risks.

Chemical peel. Caustics or chemicals are applied to the affected areas (the wrinkles), causing a "wound." The new skin born to repair the wound is smoother and wrinkle-free. Cost: $1,200–$2,500. Risks: Lightening or darkening skin, skin irritation, scarring. Duration: About 20 years.

Dermabrasion. Wrinkles and other irregularities are surgically "sanded" to make them appear smoother. A special instrument is used that also can correct scarring. Cost: $600–$1,500. Risks: Similar to chemical peel (*above*). Duration: About 20 years.

Collagen injections. To reduce wrinkles, injections are made into the lower skin layers to raise the level of the creases and wrinkles to that of the skin around it. Collagen, a substance produced naturally by the skin, is the most commonly used, although other substances, such as Fibril, are achieving the same results. Avoid injections of silicone, which are not approved for wrinkle removal. The number of

continued on page 48


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ETERNAL YOUTH

continued from page 46

treatments varies depending on the configuration of the wrinkles. Cost $200–$400. Risks: Allergic reaction to injections resulting in hives and welts on skin, itchy red lumps on face. Duration: About six to 12 months.

Blepharoplasty. The surgeon makes an incision along the upper and lower eyelid creases, then punctures the underlying tissue to remove fat cells. Cost: $2,000–$2,800. Risks: Uneven appearance; post-operative bleeding can cause pressure on the eye, push it forward in the socket, or cause blindness. Duration: 10 years or longer.

Face-lift. Sagging skin is removed from the face and neck when tiny cuts are made inside the hairline and continue in front of the ears and around behind them. The underlying muscles are lifted and excess fat and skin are removed. Cost: $2,500–$5,800. Risks: Infection, scarring, internal bleeding, skin rippling, nerve damage. Duration: Five to 15 years.

Liposuction. Through a tiny incision, the doctor inserts a thin tube that acts as a vacuum to suction out fat. Risks: Skin rippling or indentations, numbness, temporary loss of pigmentation. Cost: $800–$4,000. Duration: Fat will not return unless you eat more calories than you burn.

The people who age most successfully are those who take care of themselves physically and adopt a positive attitude toward life, according to Barbara Waxman, an expert on aging.

BEAUTY THAT'S SKIN DEEP

Cosmetics and their more medically active relatives offer comparatively inexpensive alternatives to surgery. Although not as long-lasting as surgery, superficial treatments allow more people to dip their toe into the fountain.

Retin-A. First used to combat severe acne, this vitamin A relative carries the added benefit of making sun-damaged skin look younger. Whether it truly reverses wrinkles has been the cause for much discussion. Cost: $30–$60 per tube (lasting about one to two months). Risks: Stinging, itching, redness in early use, heightened sun sensitivity. Duration: Effects last as long as cream use is continued.

Similar to Retin A is a newer group of drugs collectively called Alpha Hydroxy Acid. These products, derived from fruit, increase the natural collagen and eliminate broken elastic fibers in the skin, according to Erwin Zimmerman, M.D., a Huntington, N.Y., dermatologist.

Minoxidil. Originally, minoxidil was used to control severe high blood pressure. However, studies have shown that in men with hereditary hair loss, the use of minoxidil (sold under the brand name Rogaine) will produce new hair growth in one-third of its users. Cost: $55 per month. Risks: Stinging, itchiness. Duration: If it works for you, you must keep using it. Effects reverse within a month after you stop.

(Hair replacement is still an option. Although plastic surgeons are doing about half as many replacements as they were in the beginning of the decade, improvements have been made in the procedure.)

Sunscreens. "The only way to stay eternally youthful is to use a sunscreen," says Marianne O'Donoghue, M.D., associate professor of dermatology at Rush Presbyterian Medical Center in Chicago. Wearing sunglasses will probably help you avoid wrinkles around your eyes, too.

Skin moisturizers. Moisturizers cannot eliminate or prevent wrinkles. What moisturizers *can* do is make the skin feel smoother and look less damaged. The costs and risks are minimal compared to any other anti-aging strategy. Duration: A day or two at most.

AND BEHIND DOOR NUMBER THREE . . .

If surgery and cosmetics might be compared to refurbishing an old car's body or paint, a third strategy resembles ongoing maintenance—and the benefits go far deeper and last much longer. Old-fashioned healthful living—eating right and exercising—keeps you younger from the inside and the results are often just as visible on the outside.

Gerontologist Barbara Waxman, M.S., says studies show that the people who age most successfully are those who take care of themselves and adopt a positive attitude toward life.

Studies pinpoint a three-pronged approach:

Exercise. A study by the Institute for Aerobics Research is looking at whether higher levels of fitness lead to an improved quality of life. "The biggest benefit from exercise may be increased capability," says Harold Kohl, MSPH, an epidemiologist at the institute. Even a moderate amount of exercise—walking two miles three days a week—can help.

Healthful eating. A sensible diet that's low in fat and high in carbohydrates will make you feel and look better and help you to live longer. High-fiber diets may reduce the odds of colon cancer, while a low-fat diet protects against heart disease. Overweight people have shorter life expectancies than those who maintain an ideal weight.

UCLA School of Medicine professor of pathology Roy Walford, M.D., points to research on animals that shows that, on average, those with restricted caloric intake live longer—and have a better quality of life. For obvious reasons, no experiments have been tried on humans, but Walford is confident it works. "Restricted caloric intake delays all of the things that are bad about aging. It extends the period of youth and middle age," he says, adding that he limits himself to 1,500 to 2,000 calories daily.

Mental stimulation. "It's impossible to withdraw from life and retire to TV and still keep your marbles," says the National Council on the Aging's Molly Mettler. Science backs her up. Studies have shown that when the brain neurons that control higher thought are stimulated, they continue to thrive, meaning you can keep your memory.

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HEALTH UPDATE

MEDICAL NEWS YOU CAN USE

PROTECTING SENIORS FROM STROKE

New study yields good results

Doctors should start taking seriously one of the most common forms of high blood pressure in the elderly. A new study reveals dramatic reductions in strokes and heart attacks among seniors undergoing treatment.

Until now, doctors more or less accepted "isolated systolic hypertension" (ISH) as a fact of aging. Many doctors worried that the drugs used to treat ISH carried more risk than the benefits of getting the blood pressure down. The new study, lead by Jeffrey Probstfield, M.D., of the National Heart, Lung and Blood Institute, puts those arguments to rest.



ISH occurs when the top number of the blood pressure (systolic) reading is consistently over 160, and the lower number (diastolic) is essentially "normal"—less than 90. This pattern of high blood pressure affects as many as two-thirds of persons over 60 who have high blood pressure. Many of these people are already undergoing treatment for high diastolic blood pressure.

Doctors recruited 4,736 men and women, average age 72, to test the effects of treating ISH. In one group, the researchers used a graduated series of drugs to lower systolic blood pressure. Another group of patients received placebos (inactive pills).

After five years, the medicated group had 36 percent fewer strokes. Heart attacks were cut, too. What's more, there were few complications arising from use of the drugs.

Not everyone with ISH is suited to treatment, unfortunately. Poor health and other drugs may interfere with the drugs used to treat ISH. Still, seniors should be talking to their doctor—even if they've been told not to worry about the upper number of their blood pressure reading.

PLAYGROUND CAUTION

Quick check reveals hazard

To the watchful eyes of a parent, playground climbing toys can seem like accidents waiting to happen. And in some cases they are. Last year, 70,000 kids found themselves in emergency rooms after a stint on monkey bars and other climbing structures. Almost 80 percent of these kids were between ages 5 and 14; 20 percent were younger.

But before you banish your kids from the monkey bars, try this test, offered by orthopaedic surgeon David F. Apple, M.D., of Atlanta: Measure the distance between rungs. If the opening is longer than your child's leg, the chances of slipping are high.

HIGH (BLOOD) PRESSURE LIFESTYLE

Study is bad news for Type A's

Fast-talking, hostile people now have something else to get aggravated about: high blood pressure. Scientists (and many others) have long suspected that hard-charging Type A folks do themselves damage. The latest study strongly suggests that there is truth in this common wisdom.

Reporting in *Hypertension,* an American Heart Association journal, Jane Irvine, Ph.D., noted that previous studies have been inconclusive. The current research shows a consistent link between high blood pressure and Type A personality traits. The finding is significant because high blood pressure damages veins and arteries, and can lead to heart disease, stroke, kidney damage, and a host of other serious illnesses.

Are you a Type A? The criteria used by Dr. Irvine were devised by Ray H. Rosenman, M.D., one of the developers of the Type A theory. Among the characteristics listed: hostility, easily aggravated, fast and loud talking, anticipating questions and answering quickly. Recognize yourself? Better see your doctor. *Pronto!*

RESTLESS LEGS GET A REST

Drug successfully quiets twitching

People with a condition called "restless legs syndrome" may sleep better knowing that help is at hand. Sinemet, a drug used to treat Parkinson's disease, quells the prob-

continued on page 53



STEVE BJÖRKMAN

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HEALTH UPDATE

continued from page 50

lem, according to research by David W. Buchholz, M.D., a Johns Hopkins neurologist, and colleagues.

Restless legs syndrome affects as much as 5 percent of the population. Typically, the problem arises when the patient lies down to go to sleep. The periodic twitches, twinges, and jerks can make sleep difficult at best. Patients who took the drug were able to fall asleep faster, and experienced less leg movement during the night, reports Dr. Buchholz.

Although he recommends the drug for patients with restless legs syndrome, Dr. Buchholz adds a couple of warnings. First, there have been only limited long-term studies to reveal whether the drug remains effective over time; two-thirds of patients reported an increase in daytime restlessness over several months. Second, he cautions people who think they have the syndrome to see a neurologist or sleep disorders doctor before starting treatment.

NEW TECHNIQUE OFFERS DENTAL HOPE FOR STROKE PATIENTS

Implants solve a problem

The muscle weakness that often accompanies a stroke can make wearing dentures impossible. Ordinarily, facial muscles help keep the false teeth in place. If weakened by a stroke, those muscles may not be able to handle the job.

Now there's hope for these patients—although the price is likely to put it out of reach of many. Arnold G. Rosen, DDS, a professor at Tuft's dental school in Boston, reports good results with implants. These metal screws are permanently attached to the patient's jaws during an operation. Clips on the dentures (or on single artificial teeth) snap onto the implants to hold the false teeth securely.

Together, the surgery and the dentures typically cost about $6,000. Implanting a single tooth costs about $2,000. Most insurance plans don't cover implants. (Some medical centers, including Tufts, offer reduced fees to lower-income patients.)

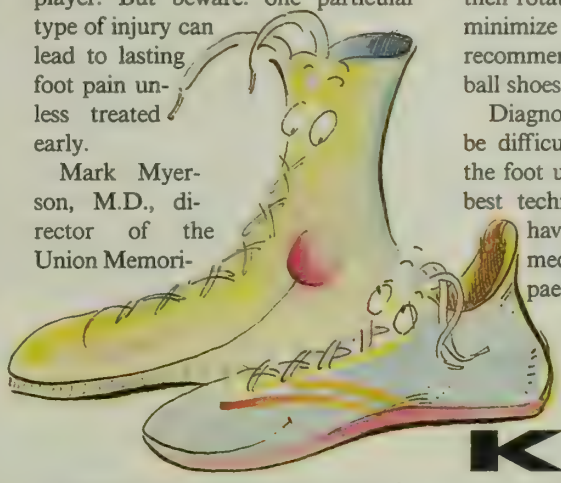
Still, for those with the resources and the will, there is a way.



FOOT SPRAINS MAY LEAD TO CHRONIC PAIN

Amateur athletes take note

Sprains are a way of life for many a blacktop basketball player. But beware: one particular type of injury can lead to lasting foot pain unless treated early.



Mark Myerson, M.D., director of the Union Memorial Hospital Foot and Ankle Center in Baltimore, notes that ankle sprains usually heal without lasting effect. The more dangerous type of sprain affects the joint where the toes meet the arch of the foot. Left untreated, this type of sprain may cause persistent pain in up to three-quarters of patients. Many patients studied by Dr. Myerson never returned to sports.

The injury occurs when the player lands on the ball of the foot, which then rotates onto its outside edge. To minimize the danger, Dr. Myerson recommends wearing hightop basketball shoes.

Diagnosis of mid-foot sprains can be difficult. Skilled manipulation of the foot under local anesthesia is the best technique. If you suspect you have such an injury, see a sports medicine specialist or an orthopaedic surgeon.

DOCS TAKE STOCK OF A FOXY POX

Kids pass it on early

Keeping your kids away from friends with chickenpox won't automatically protect them. A new study reveals that most infections are passed along before the first sign of a rash.

Dale A. Moore, M.S., D.V.M., of the University of Pennsylvania and

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Recommended by "Dr. Mom"

HEALTH UPDATE

continued from page 53

Richard S. Hopkins, M.D., of Florida State University, looked at more than 200 cases of chickenpox in two Ohio school districts. The schools' nurses followed the widely recommended policy of excluding children from school for seven days following the appearance of rash. Still, both schools had serious outbreaks of the disease.

The researchers conclude that much of the transmission of the chickenpox occurred before a rash broke out. Dr. Moore and Dr. Hopkins recommend that schools follow the latest guidelines from the American Academy of Pediatrics, which suggest keeping kids with infections out of school for six days.

If chickenpox hits nearby, the researchers suggest watching your children for the earliest signs of the disease—including sore throat, cough, and sometimes fever. Keep the child home for a few days if possible to see if a rash develops. When a rash does develop, the child remains contagious until all the skin lesions scab over.



'BEANBAG' WARNING

Infant suffocation hazard reported

Babies placed face-down on cushions filled with plastic beads risk death, even if the covering material doesn't seal off the infant's mouth and nose. When banned by the Consumer Products Safety Commission in 1990, the cushions were suspected in at least 25 deaths.

A new study suggests that some of the deaths may have been caused when the infants repeatedly rebreathed air trapped close to the face. James S. Kemp, M.D., and Bradley T. Thach, M.D., of Washington University School of Medicine in St. Louis, found that the air in question contains dangerously low levels of oxygen.

Though no longer being made, the cushions are still available secondhand, the researchers warn.

FREE FOR THOSE WITH ARTHRITIS

Good information from Uncle Sam

Arthritis affects one in seven Americans—37 million. At times, it can seem that there are almost as many remedies on the pharmacist's shelf. A free booklet available from the federal government can help sufferers blaze a path through the complexities of the most commonly used arthritis medications.

"Nonsteroidal Anti-Inflammatory Drugs" explains when and how to take these medicines, and how to minimize the side effects.

To get the booklet, send your name



and address to: S. James, Consumer Information Center, Pueblo, CO 81009. Ask for "Item 575X, free."

BARE FACTS ON FOOTWEAR

Tips for developing feet

The best shoes for young children are like no shoes at all. According to a review of several studies, feet develop best when they are shoeless, and the best shoes for toddlers are those that approximate going barefoot.

The review was conducted by Lynn T. Staheli, M.D., of the Department of Orthopedics at Children's Hospital and Medical Center in Seattle. Dr. Staheli found that the best shoes are flexible, flat, lightweight, porous, and roughly rectangular. Proper fit is vital; shoes that cramp the toes can deform the foot. By the same token, shoes that are too long make the child more likely to fall.

Among Dr. Staheli's other recommendations to parents:

- shoes for toddlers should extend above the ankle. This design is less likely to slip off when the child runs.
- soles should offer moderate friction. Avoid soles that are too slippery (like some highly polished leathers) or too sticky (some rubber soles).
- be cautious about so-called corrective footwear. Rely on your doctor's advice rather than on the suggestions of sales people or advertising. Dr. Staheli avers that treatment for children with flexible flat feet is likely unneeded and not effective.



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FITNESS MATTERS

GOOD NEWS ABOUT SHAPING UP

ALLERGIC TO EXERCISE?

How to avoid those rash reactions

Saying, "I can't work out because I'm allergic to exercise!" is the standard one-liner for lots of folks. Turns out some of them are right. And it's no joke.

Doctors don't know the exact number of people allergic to exercise, but you could be one of them if you have these symptoms: During or after exercise, do you experience itching, flushing, hives, rashes, cramps, nausea, headaches, faintness, swollen lips or tongue, or trouble breathing? If so, go see an allergist.

Symptoms of exercise-induced allergies don't always occur every time you work out, explains Albert L. Sheffer, M.D., at the Harvard Medical School. Still, symptoms may occur often enough to raise suspicions.

In some people the allergy-causing culprit is an abnormal release of histamine, which is known to cause allergic reactions, says Sheffer. Or, exercise combined with something else may set off the reaction.

For example, in a Sheffer study of 199 patients allergic to exercise, 54 percent said they ate certain foods before exercise; 14 percent said they had taken specific drugs, such as aspirin; and 19 percent of the women noticed an exercise-induced allergic reaction at a point in their menstrual cycles.

What to do? Here are some tips:

- Don't exercise for 6 to 12 hours after eating. For instance, try a before-breakfast workout.
- Avoid exercise on hot, humid days.
- Don't take drugs before exercise.
- Skip exercise during menstruation.
- Stop exercising the moment you sense any allergic reaction coming on.
- Exercise with a friend who can help spot early signs of a reaction.
- Carry an EpiPen, a kit prescribed by doctors for giving yourself epinephrine, which can reverse symptoms in life-threatening episodes.



STEVE BJÖRKMAN

BENCH-STEPPING

A new platform for traditional aerobics

Step right up, all you burned-out aerobic dancers. Bench-stepping is here to stay.

If you're not listening to music as you step on a bench, then off, you may be out of step with the times. "I only teach bench-stepping these days," explains Dixie Stanforth, of the Adult Fitness Program at the University of Texas-Austin.

Why bench-stepping? It offers "a more challenging workout than aerobics, without compromising your joints," says Stanforth, who has seen only a few bench-stepping injuries during her three years of teaching.

To get an equally good workout with regular aerobic dance, you have to do high impact aerobics involving repeated jumping, which can cause overuse injuries.

Another bonus of bench-stepping is calories burned. Stanforth says a 135-pound person stepping at 30 up-up-down-down cycles a minute on an 8-inch-high bench uses about 230 calories each 30 minutes. That's almost as many as you would burn running at 5 mph.

You needn't be a high stepper to do bench-stepping. A bench (which can cost up to $100) that's low means an easier workout. If you want, build your own bench 6 to 12 inches high. Make sure the bench is stable; that is, 12 to 15 inches wide and at least 36 inches long, recommends Stanforth. The bench height should fit your fitness level: 6 inches for beginners, 8-10 for intermediate, and 12 for advanced.

Here are a few more tidbits about bench-stepping: It's easier on joints than running, but harder on them than walking. Also, balance is an essential factor, so warm up and go slow, especially if you have knee or Achilles tendon problems.

A good, peppy 45-minute video is "Cory Everson's Step Training Video," ($19.95). Write to: The KVC Entertainment Group, Inc., Dept. BHG, 8500 Keystone Crossing, Suite 540, Indianapolis, IN 46240.

FIGHT COLDS WITH EXERCISE

Moderate workouts may aid your immune system

Walk two miles and call me in the morning. Will doctors start suggesting this to their patients who want to fight colds? The idea may not be so farfetched, according to a new study on exercise and immunity at Loma Linda University in California.

In the study, 36 mildly obese, sedentary women were split into two groups, one that exercised and one that didn't. The exercise entailed brisk walking for 45 minutes a day, five days a week.

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FITNESS MATTERS

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After 15 weeks the exercise group showed beneficial changes in cells in the immune systems, the body's mechanism for fighting off disease. There was also a 20-percent jump in compounds developed to fight germs.

"This means that with a little exercise, women improved their immune systems," explains Sandra Nehlsen-Cannarella, Ph.D. "The exercising women had fewer days of cold symptoms compared to the nonexercisers."

The message here is to exercise, but don't overdo it. Past studies among marathoners have shown that races and intense training tend to run down the body's immune system, bettering the odds of developing colds and flus.



To avoid overdoing your exercising, Nehlsen-Cannarella says:

- Work out at 70 percent (or under) of your maximum heart rate (that is, 220 minus your age, times 0.6–0.7).
- Back off on frequency, duration, and intensity of exercise if you are chronically fatigued or if you develop muscle injuries. "You'll know when you're overdoing it," she says.

VIDEO GAME WORKOUT

Action game gets kids up and running

Exercise-minded parents needn't cringe when their couch-potato kids once again grab for the Nintendo controller.

A Central Michigan University study shows how children can play a video game *and* get an aerobic workout at the same time.

Here's how it happens: Nintendo's "100 Yard Dash" Action Pad Video Game (the game cartridge is All-Star Trackmeet) allows kids to run in place on a Power Pad, which detects foot impact. Youngsters watch the TV while they're running in place on the pad. On the TV screen, computer-generated figures mirror each child's every step: the faster the child goes, the faster the figure on the screen goes.

During the study, William Saltarelli, Ph.D., and his associate Sheila Greebom, monitored the heart rates of 9-year-olds as they ran 10 minutes of repeated races on Nintendo's game.

All 10 kids who ran on the more difficult part of the pad quickly reached heart rates high enough to win aerobic benefits. Six of 10 youngsters did the same running on an easier part of the pad, which Saltarelli says is more fun at first for obese kids.

Saltarelli, realizing the popularity of these up-and-running games, wrote Nintendo about the chances of developing new ones. For example, he suggested software that requires a player to use the action pad to chase on-screen villians. So far, Nintendo has no plans for such an action game.

HELP FOR HYPERTENSION

Exercise puts the clamps on high blood pressure

Exercise could take the hyper out of your hypertension. A University of Connecticut study shows that men can lower mild high blood pressure by taking up exercise as low-key as leisure walking.

The study measured blood pressures in men after they rode stationary bicycles for 30 minutes at 40 percent of aerobic capacity (leisure walking pace) and at 70 percent of capacity (brisk walking pace).

At both intensities, average systolic blood pressure dropped 10 points and diastolic fell 4 points. (Systolic is the pressure when the heart contracts; diastolic is when the heart rests. In a blood pressure of 120/80, 120 is systolic and 80 diastolic.)

What's more, the exercise-induced drop in blood pressure lasted up to 13 hours after exercise ended.

Researchers are not yet sure why moderate exercise lowers blood pressure. But it's clear that exercise is a good nondrug therapy for mild hypertension, along with weight control and watching alcohol and salt intake.

Caution: In many cases—and in all severe cases of hypertension—exercise alone cannot replace your medication. To be safe, keep taking your medicine.

WORKOUTS WITHOUT SLEEP

Couldn't catch any Zs? No problem, says study

You're starting to panic. Tomorrow's *the* big game, yet sleep seems hours away. Rest easy; losing sleep won't affect your exercise performance the next day, states a University of North Texas study.



Surprisingly, other studies have shown that up to 60 hours without sleep doesn't affect strength or endurance—providing that you don't get too grumpy and lose motivation.

The UNT study asked: Does a night of no sleep affect sprint power, the power used playing most games?

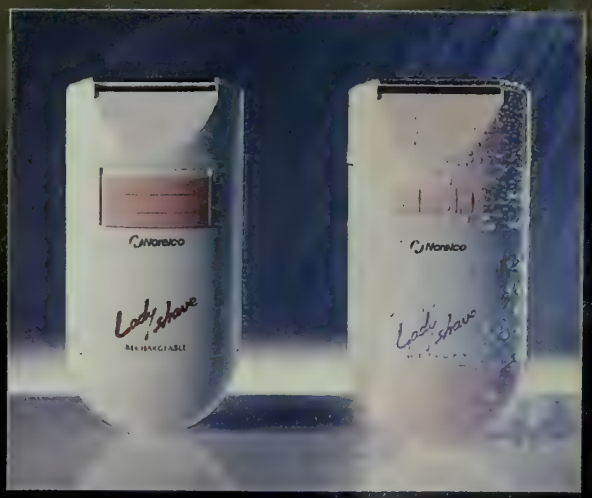
Tests showed no difference in sprint power with or without sleep. "So, one night of sleeplessness may make you feel miserable the next day," says David Hill, Ph.D., "but it doesn't have to affect your physical performance." BH&G

—By free-lance writer Gary Legwold, a frequent contributor to these pages who does his exercising in Minneapolis.



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TAPPING THE HEALING POWER OF POSITIVE THINKING

How emotions help—or hurt



Good feelings equal feeling good.

STEVE BJORKMAN

Consider these three brief stories:

- A young mother crawls through a burning house to save her child, not realizing until both have escaped that she has severe burns over most of her back.
- A teenage boy worries so much about his parent's impending divorce that he develops severe stomach pains and must be hospitalized.
- A middle-aged cancer patient lies hopelessly ill in a hospital bed laughing at a stream of humorous books, articles, and movies—which he will later credit for his recovery.

Scientists have long accepted the validity of the first two scenarios. During periods of crisis, the mind is fully capable of turning off pain. And severe emotional turmoil commonly leads to physical symptoms of illness.

What is still open to debate is the third situation. Yet dozens of studies have lead researchers tantalizingly close to agreeing that laughter can heal and that hostility can kill. Here's a report on the latest thinking about how your attitudes and emotions can be a force for health—good or bad.

MIND OVER MATTER?

More than a decade ago, Norman Cousins wrote *Anatomy of an Illness*, a personal story of his recovery from a supposedly irreversible disease. In it, he championed the healing value of life-affirming emotions, such as hope, love, faith, a strong will to live, a sense of purpose, and a capacity for fun.

In recent years, his anecdotal account has been supported by scientific studies. Researchers point to a cluster of emotions and attitudes that seem to be linked to improved health.

Sheldon Cohen, Ph.D., a psychologist at Carnegie Mellon University in Pittsburgh, collected data from a five-year study of 400 people exposed to the common cold. Early results indicate that psychological factors influence your odds of infection.

Fighting spirit. A British study of women with breast cancer reports that women with a "fighting spirit" are more than twice as likely to be alive and well 10 years later than women who hold a helpless, hopeless attitude.

Solid marriage, friendships. Social support seems to contribute to health and lifespan, according to a nine-year survey of 7,000 people. The group with strong social ties—marriage, friendship, group membership—had lower death rates than those who were isolated.

Love, compassion. In a Harvard study, students who were shown a film designed to inspire feelings of love and caring experienced an increase in an antibody that protects against upper respiratory infection.

MIND UNDERMINES MATTER, TOO

Just as positive emotions help health, negative attitudes and emotions seem to undermine one's health. For example, a review of 99 Harvard University graduates who completed personality questionnaires in 1946 found that students who had been most pessimistic at age 25 experienced more severe illnesses at middle-age.

Researchers point to other unhealthy emotions:

Depression. At the University of Chicago, psychologist Richard Shekelle followed the health histories of 2,020 middle-aged Western Electric plant employees and found that those who had been depressed were twice as likely to later die from cancer.

Cynicism and hostility. Researchers at Duke University contend that people with a cynical or hostile attitude are five times more likely to die before age 50 than their calmer, more trusting counterparts.

Loneliness. Rates of illness and death tend to be higher among single and divorced individuals, suggesting that loneliness takes its toll on the immune system.

Stress. Increased illness rates among the recently bereaved suggest that chronic stress affects health. In a study at Ohio State University, medical students nearing exam time suffered a drop in the fighter cells that help the body combat infections.

THE MEANING OF IT ALL

Not everyone is convinced that these statistical associations prove much. How exactly does a positive or negative attitude influence whether you get sick? How can a thought protect you against germs?

Two general theories exist, says David Spiegel, M.D., professor of psychiatry and behavioral sciences at

continued on page 70

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THE HEALING POWER OF POSITIVE THINKING

continued from page 68

Stanford University. First, people who have a positive mental outlook or strong social support tend to take better care of themselves. They're more likely to go to the doctor regularly, adopt a healthful diet, and avoid smoking, drug use, and other self-destructive behavior.

The second, more radical, idea is that a person's thoughts and emotions act directly on the immune system, the body's disease-fighting brigade. Studies seem to show that emotions may directly stimulate the production of brain chemicals that enhance—or undermine—the immune system.

Beyond the test tube. Various researchers wonder if these effects mean much outside a laboratory. Dr. George Solomon, a UCLA psychiatrist involved in mind-body research, notes that people can lose quite a bit of immune function—in terms of white blood cell counts—and still stay healthy.

Other medical experts claim that any psychological effect would pale in comparison to the biology of a disease such as cancer. Such factors as the type of tumor, its stage, the patient's age, and the treatment are more important than state of mind, believes University of Pennsylvania psychologist Barrie Cassileth, Ph.D., whose studies of cancer patients have not found a link between attitude and length of survival.

Even supporters of mind over health admit that the ultimate value of a positive attitude is unproven. "No matter how probable it seems that the mind influences the immune system, we still don't have enough actual evidence," says Steven Locke, M.D., assistant professor of psychiatry at Harvard Medical School and coauthor of *The Healer Within* (New American Library, 1986).

MAKING IT WORK FOR YOU

Although we don't understand the exact connection between health and attitude, research does offer clues on using your mind to stay healthy.

Think positively. University of Pennsylvania psychologist Martin Seligman, Ph.D., author of *Learned Optimism* (Knopf, 1991), believes that your outlook may affect your health.

More than two decades ago he proposed a concept called "learned helplessness." His studies showed that rats who received mild but inescapable shocks wouldn't even try to escape punishment when they were later placed in a box in which they could avoid the shocks. They'd surrendered willpower after deciding that whatever they did didn't matter.

Some humans, too, may lose hope quickly and become passive and depressed when crises strike.



Relaxation techniques helped 80 percent of one group of patients lower their high blood pressure or reduce their drug dosage.

How do you explain a setback to yourself? For some the response is: "It's me; it's going to last forever; it's going to undermine everything I do," says Dr. Seligman. Others are able to say and believe: "It was just circumstances; it's going away quickly, and besides, there is much more in life."

By reviewing and challenging your automatic first thoughts, it's possible to change the habit of saying destructive things to yourself when you suffer disappointments, he says.

"One of the most significant findings in psychology in the last 20 years is that individuals can choose the way they *think*," says Dr. Seligman.

Redford Williams, M.D., a behavioral medicine expert at Duke University and author of *The Trusting Heart* (Times Book, 1989), believes that how you think and feel *about others* affects your health. His studies of Type A people—overcompetitive, hard-driving, hurried—show that hostility ups your odds of heart disease.

In his 12-step program toward a trusting heart, he advises people to reduce their anger and cynical mistrust of others, learn to treat others with kindness and consideration, and to be assertive, not aggressive, in threatening situations.

Other researchers believe there is a health benefit to having some personal control over your surroundings. In a study by psychologists Ellen Langer and Judith Rodin, a group of nursing-home residents who were given a set of responsibilities and greater decision-making showed improvements in health and activities within three weeks. After 18 months, the death rate of this "self-responsibility" group was half that of the other group.

Reach out. One long-range study showed that people with social contact—volunteer work, community activities, support groups—lived longer and were healthier than isolated people.

Use mind-body techniques. Meditation, biofeedback, and numerous other unconventional therapies may help turn on the inner healer. In one study at New England Deaconess Hospital's Mind/Body Clinic, relaxation techniques helped nearly 80 percent of patients with hypertension to either lower their blood pressure or reduce drug dosage. Other studies have used hypnosis to improve the quality of life for cancer patients.

Few experts call these techniques potential cures for illness. "They are meant to complement medicine, not replace it," says Dr. Locke. Yet most doctors agree that a positive attitude—whether optimism or a fighting spirit—plays a role in recovery from illness. And although the evidence is still coming in, there's good reason to believe that a positive outlook on life helps protect you from illness.

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MEDICINES BY MAIL
You can save—but only if you know what to look for

Convenience and bargain prices prompt Americans to buy everything from clothes to books by mail. These same benefits lead a small but growing group to purchase prescription drugs the same way. Here's information on how to tell if mail-order medicines are right for you, and tips for selecting a company you can feel comfortable with.

Big business. Ordering drugs by mail is nothing new. The Veterans Administration began filling orders in 1946. Today, the VA and others, both nonprofit and for-profit, fill 90 million prescriptions annually. That's 6 percent of all prescriptions, twice the rate of 1985. Industry analysts expect the share to double again by 1995.

The sheer size of their customer base generally allows mail-order pharmacies to sell drugs for less than local retailers charge. Mail-order pharmacies buy huge quantities and can dispense and package medicines with assembly-line efficiency.



A pharmacy can be as close as your mailbox.

Will you pay less? Studies are divided on how much you can save. Estimates range from 10 to 18 percent on brand-name drugs, and up to 60 percent on generic versions versus prices at community pharmacies. However, a 1989 study by researchers from Brandeis University and the University of Maryland pegged the savings at only two cents per day. (The results of this study are disputed by the American Managed Care Pharmacy Association, which represents mail-order pharmacies.)

No across-the-board savings figures apply to every drug every time. Local discount pharmacies, for example, often offer special pricing, senior citizen discounts, and loss leaders, so you can sometimes find a better price in your community than you can through the mail.

Also, you will usually save the most if you mail-order large quantities of a medicine—a 90-day supply, for instance. Some mail-order pharmacies offer a price break if you order 100 pills, or multiples of 100. That's why persons taking so-called maintenance drugs for chronic conditions like high blood pressure and heart disease stand to save the most.

Cost isn't the only reason to buy through the mails, according to Herb Ashley, manager of AARP (American Association of Retired Persons) Pharmacy Services at the Kansas City distribution center. He says the majority of his customers use mail order for convenience. This factor is particularly important to people living in remote areas, or who are unable to find a pharmacy that delivers.

Are mail-order medicines right for you? In many cases, you're better off having your prescriptions filled by a pharmacy in your community. Don't consider mail-order medicines if you:

- Are just starting a drug. You'll lose money ordering a three-month supply if side effects lead your doctor to change your prescription early on. (Tip: Ask your doctor to prescribe a small amount so you can try it before ordering

continued on page 74

SHOPPING FOR A MAIL-ORDER PHARMACY

Don't look only at prices when comparing mail-order drug sources. Watch for these added services:

- **A toll-free phone number with ready access to a pharmacist.**
- **A toll-free phone number to order refills so you don't have to fill out complicated order forms.**
- **Information inserts that give advice about proper use of the drug, side effects and precautionary measures, such as taking the medicine with food or avoiding exposure to sunlight.**
- **Computerized patient profiles that alert pharmacists to drug interaction and duplication, especially if you see more than one physician. (Note: Always be sure all your physicians know all the drugs you're taking, and be sure to include all drugs on your patient profiles at all pharmacies you use.)**
- **Reminders to alert you when refills are due. Some firms will even call about the time refills are due.**
- **Catalog service for over-the-counter drugs.**
- **Braille labels for patients with visual impairments or TDD service for deaf patients.**

'ot available in all areas. © 1990 Kimberly-Clark Corp.



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For better fit and protection.



Nature made you a woman. And gave you a curved body. Which is why we designed a curved maxi with gentle elastic gathers to fit your natural body shape. For better protection. Comfort. And security. So you can get on with what nature intended—being yourself. ***Kotex Understands.***™

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Why carbonated? For the same reason legendary spas were built around carbonated springs.

For the stress-release. For the minor pain relief that happens when this unique tablet transforms hot water into a carbonated spa treatment.

Isn't your body ready to be revitalized in the clear, Caribbean-blue waters of ActiBath?



The Spa Tablet.™

MEDICINES BY MAIL

continued from page 72

medicine in large quantities.)

- Often need to change medicines or dosages. If your check-ups are spaced 90 days apart, having a six-month supply of medicine could mean throwing out a substantial portion.
- Must have the medicine right away. Delivery in some cases can take as long as three weeks.
- Are buying only a small quantity, or the drug costs only $10–$15. In these cases, mail-order pharmacies lose much of their price advantage.
- Take a complex, or ever-changing, array of medicines. Mail-order pharmacies can warn you of dangerous drug interactions only if you alert them to *all* drugs you are using, including alcohol and over-the-counter remedies. In some cases, your local pharamacist is in a better position to warn you of these dangers—provided you stick to one retailer.
- Feel uncomfortable doing business by mail, or expect personal attention.

Are mail-order medicines safe? Predictably, those who represent retail drug stores argue that mail-order pharmacies present risks. Todd Dankmyer, vice president of the National Association of Retail Druggists, says the emphasis on speed and volume in mail-order pharmacies compromises safe and effective pharmacy care.

Proponents, like Jane Freeman, vice president of Medi-Mail in Las Vegas, say the industry has a good safety record. Procedures include double- and triple-checks on medicines leaving their pharmacies, she says.

The fact is, both local and mail-order pharmacies make errors. However, it seems unlikely that mail-order pharmacies could have gained so many converts if such firms were markedly more prone to mistakes than local retailers. Your best protection is to check for errors, regardless of where you get your medicines. (See Prescription Pointers, *below.*)

Finding a mail-order pharmacy. Many mail-order pharmacies cater exclusively to members of particular groups or insurance plans. Others serve anyone. Before you settle on a firm, check out its policies. Also ask your health insurance or employer to see if drugs-by-mail are an option.

If you are not already a member of a group that offers mail-order medicines, consider joining one. Two of the biggest are AARP (P.O. Box 199, Long Beach, CA 90848-9902; $5 per year) and the National Council of Senior Citizens (Dept. BHG, 1331 F St. NW, Washington, DC 20004.) Other groups include wholesale clubs and special-interest organizations.

Some mail-order pharmacies advertise in newspapers, magazines, radio, or television, but many rely on direct mail and word-of-mouth. A friend or your physician may be able to recommend one. Regardless of where you learn about a company, check out the firm's reputation with the the Better Business Bureau before you send an order. For hints on comparing mail-order pharmacies, see the box on the opening page of this article.

PRESCRIPTION POINTERS

Whether you buy drugs by mail or locally, check each prescription carefully before you begin taking it. Although manufacturers sometimes change the appearance or packaging of a drug, the following warning signs should alert you to possible problems:

- **The pills or capsules are a different size or color from what you usually take; or liquids look or smell different.**
- **The label has a different name from the medication your physician prescribed. (The name may be an authorized generic substitution, but it doesn't hurt to check.)**
- **Instructions on the label are different from previous instructions.**
- **The pills in the bottle are not all the same.**
- **Some pills in the same package show a variation in color or appear darker or lighter than others.**
- **Tablets appear crumbly. (They may have been exposed to excessive moisture.)**
- **Capsules are deformed.**
- **Imprint on capsule or tablet appears smeared.**

If your medication has any of these signs, consult your physician or pharmacist before taking it.

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The first carbonated bath tablet with moisturizers.

Now you can smooth dry skin as you soothe your tired body, in the creamy blue carbonated waters of new Moisture Treatment ActiBath.

Thousands of tiny bubbles release a patented moisturizing system that actually penetrates your skin as you bathe—enhancing your skin's ability to hold and use its own natural moisture.

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The Spa Tablet™ With Moisturizers.

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Comfort never looked so good

BY REBECCA JERDEE & SANDRA SORIA

Remember when you grew up and had to put your crayons away? Get them out again! Rooms cheered with vivid color and friendly shapes now welcome folks home with open charms. Best of all, these easy schemes make decorating child's play.



FAT AND SASSY

Clad in sherbet hues, this squashy chair (Expressions, $859) will instantly refresh any rundown scheme. In a squeeze? Try two of these big beauties instead of a tough-to-arrange sofa.

OUTSIDE IN

Plant a window garden inside for a fresh-air feeling all year-round. White-painted moldings, natural woods, and wispy lace enhance the airiness.

Buying information, page ***146.***

Comfort never looked so good

WHEN YOU SHUT THE DOOR BEHIND YOU AFTER A LONG, HARD DAY, YOU DESERVE A SMILE. TRY TICKLING YOUR FANCY WITH COLORFUL, PLAYFUL ACCENTS.



BOW WOW!
Put art to work. A howling good time, this bowser box (Best of Vermont, $255) also hides clutter.



CONNECT THE DOTS

When florals seem too fussy, rely on the crisp geometry of dots and stripes, or even snappy checks (wall covering, Fashon; fabric, Covington). These classics mix easily with other patterns.

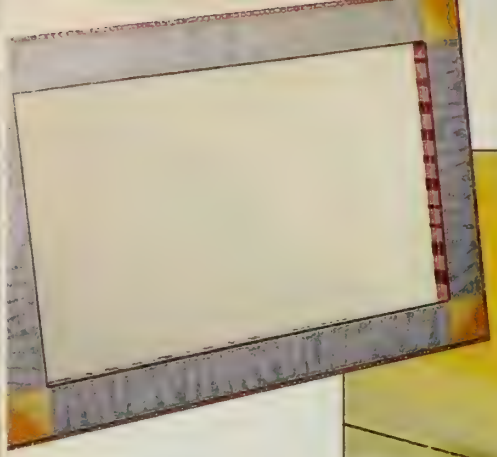
COATS OF MANY COLORS

The best of old and new, this jelly cupboard (Ron Fisher's American Furniture, about $600) weds a vintage design with lively colors. Let it comfort a lonely corner.

EASY DOES IT

Who says living rooms have to be formal? For fun, this room relies on: updated fabrics, quirky accents, rosy walls, and a plain armoire turned masterpiece by a local artist.

Comfort never looked so good



GETTING PERSONAL

Have-fun decorating puts mind over money. Brightly painted, a pine mirror (Sears catalog, $45) reflects personality. ***How-to, page 91.***



Illustration by Nancy Carlson

EYE OPENER

Young-at-heart art (Poster Originals, $18) isn't just for kids. It'll wake up any room, and keep traditional design from taking itself too seriously.

A GLOWING COMPLEXION

Like sun and sky, yellow and blue naturally bring out the best in each other. This cool blue sofa keeps yellow walls from overheating.

MATERIAL GAINS

For a custom look, first color in your backgrounds with wallpaper, then fill in the blanks the easy way with coordinating fabrics (fabrics and wall coverings, Raintree Designs).





LIKE A LAMP IN THE WINDOW, EMBRACING COLOR LURES YOU HOME TO A COZY NEST. COMPLETE THE SCENE WITH PILLOW-PLUMPED SEATING, TOUCHABLE TEXTURE, AND RICH PLANT LIFE. ADD A FEW NAIVE ACCENTS FOR SOME INNOCENT FUN.



IN THE SPOTLIGHT

For a small den, all you need is one hardworking, brightly colored love seat (Broyhill, $999) to take center stage. Then add a supporting cast of inexpensive objects: baskets, secondhand finds, and blooms.

Comfort never looked so good



FARM FRESH
You can almost smell the bread baking. Don't have Grandma's pieces? Shop for reproductions. Then add your modern touch—a classic teapot sporting a yellow lid.



CHARACTER BUILDING
Forget the dried-flower colors of the past; today's vintage prints (Waverly) look fresh from the garden. "Build in" missing architecture with the radiant patterns.



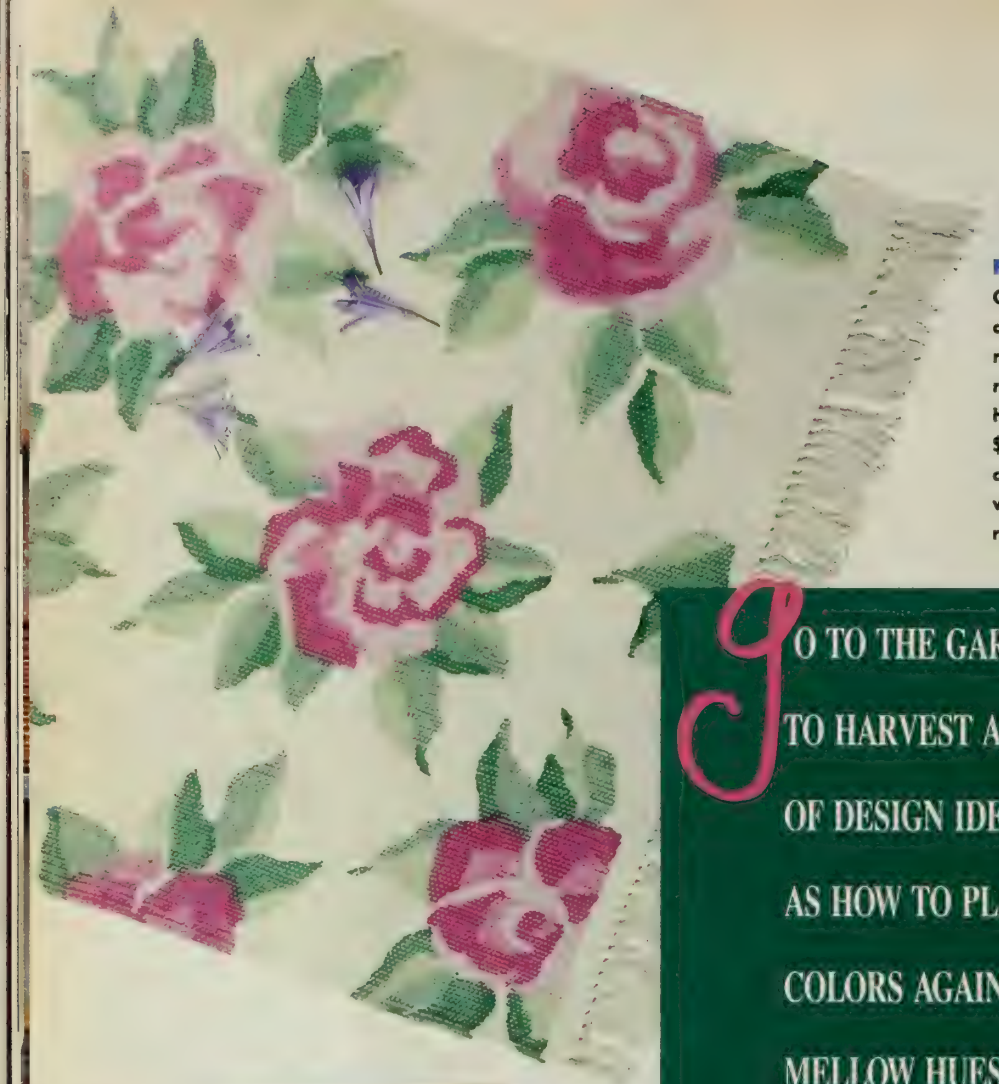


GOOD CONNECTIONS TO THE PAST GIVE A HOME A WARM SENSE OF ROOTS. FRESHEN THE ROOMS OF YOUR MEMORIES—AND LET THEM SAY SOMETHING ABOUT YOU—WITH BRIGHT NEW COLORS OR SHAPES.

SEE RED
With its simple lines, a classic Windsor chair (Habersham Plantation, $670) blends with any style of table. Given a surprise blast of red, this chair will fire up any room.

A BRIGHT FUTURE
As colorful as Grandma's majolica, this forward thinking dinnerware (The Home Book, $12 to $42) could convince you to start a new collection.





FOOTNOTES
Go ahead and walk all over it, but remember that the right bright rug (The Home Book, 4×6 $74) supports a get-comfy scheme. One won't do? Stitch two rugs together.

GO TO THE GARDEN TO HARVEST A BOUNTY OF DESIGN IDEAS, SUCH AS HOW TO PLAY VIVID COLORS AGAINST THE MELLOW HUES OF SKY AND EARTH.



ROUGH AND READY
With its wide seat, this natural beauty (Garden Source chair, $400; ottoman, $250) offers indoor comfort with rugged, outdoor appeal.



MIX IT UP
Invite garden furniture and twiggy accents indoors to put your rooms at ease. Then add a bit of snap—crisp ticking fabric, tailored paisley, and clean-lined white shutters—to liven things up.

Comfort never looked so good



IT'LL GROW ON YOU

This woodsy planter (Appalachian Store, $75) will conjure up calming visions of a country weekend.

Comfort never looked so good

NO NEED TO TAKE A SMALL BATH TOO SERIOUSLY—IT'S THE PERFECT PLACE TO LET YOR IMAGINATION PLAY WITH OFFBEAT ACCENTS AND UNEXPECTED HUES.



SPLASHY STYLE

A good mood starts with a sunny environment—so why not create one? Here, slick white tile warms up to recently added, old-style wainscoting. Merry colors and shapes stand at attention atop the clean slate of tile. To top it off, periwinkle stripes add punch, without cluttering the room's simple style.

ROOM PHOTOGRAPHS: BARBARA MARTIN. PRODUCT PHOTOGRAPHS: PERRY STRUSE
REGIONAL EDITOR: MARY ANNE THOMSON





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When you choose DMC Embroidery Floss you'll not only get colors that are sure to last, but a superior quality and brilliance unmatched by any other Floss you can buy. So be prepared for whatever the day may bring by choosing the Floss that preserves the day. DMC Embroidery Floss.

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To receive your **FREE chart** *of this "Daydreams" design, plus a* **FREE cross-stitch starter kit**, *send the coupon on the attached card, or a 3x5 card with your name and address, plus $1.00 for postage and handling to: The DMC Corporation, P.O. Box 5984A, Clinton, IA 52736 (Offer expires 2/29/92).*

COMFORT NEVER LOOKED SO GOOD

continued from page 77

CREATE YOUR OWN PAINTED FURNITURE

Looking for a quick way to give your rooms more personality—yours? Roll up your sleeves and attempt a signature piece of your own creation. Follow these easy instructions to paint the mirror design shown on *page 80.* Or, adapt the technique to your own design, using any piece of unfinished or well-stripped furniture. Let your imagination run! Remember, you can always paint over your "mistakes."

Materials:

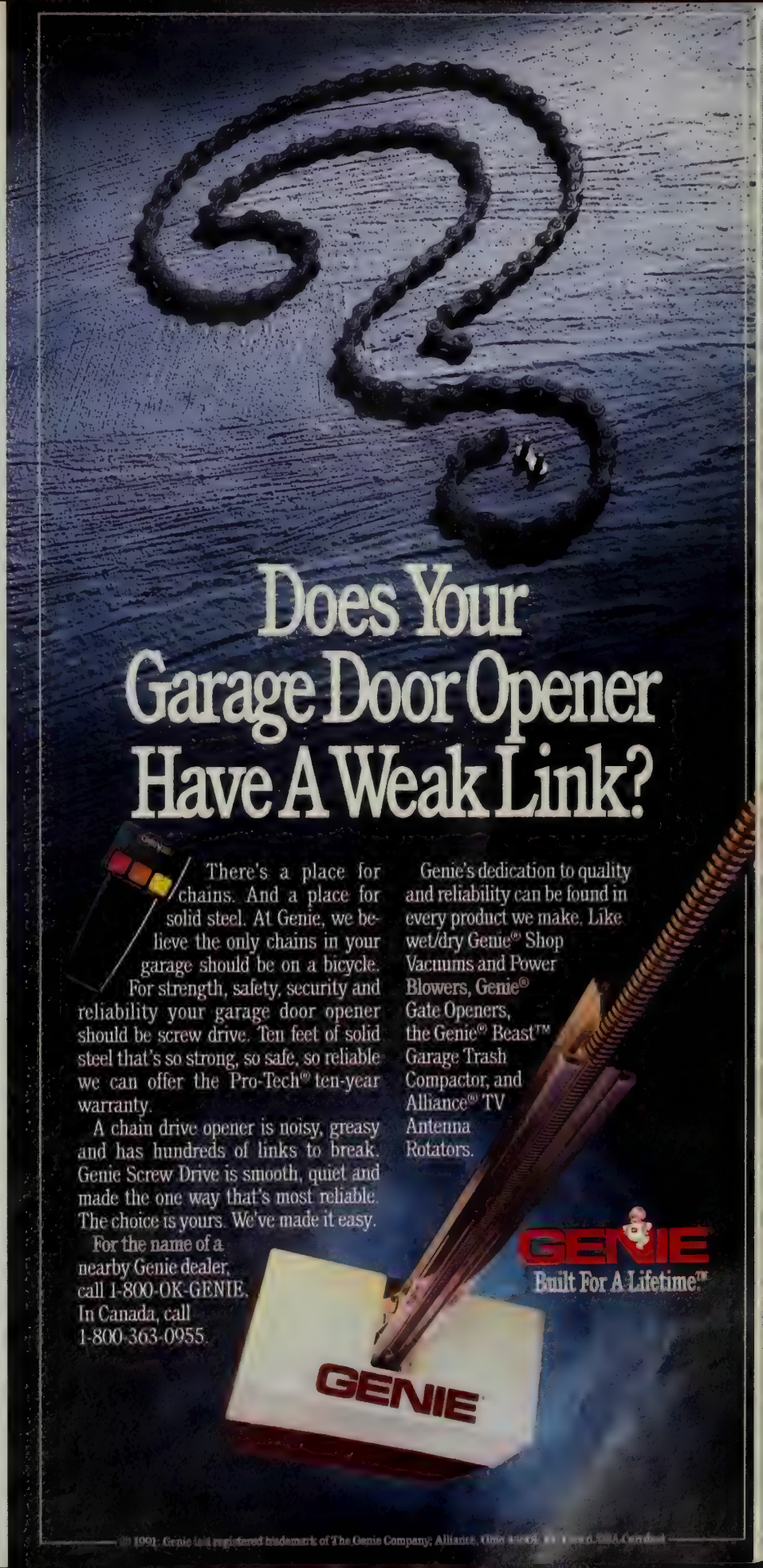
- 24x36-inch unfinished pine mirror with 3½-inch-wide frame
- White primer; lavender, blue-green, coral, bright yellow latex paints; white, deep red acrylic paint
- 3-inch square of cellulose sponge
- Natural sponge
- Pencil with eraser tip
- 1-inch-wide masking tape
- Varnish

Instructions: Prime frame. Draw lines for corner checks. Using masking tape to mark off each of the sections as you paint, color the following frame sections in this order (allow drying time between each color): paint coral on inside edge of frame and outer border, lavender on long sections, yellow on corner squares. Remove tape after painting each color.

With masking tape, tape off 1-inch-wide sections, leaving ¼- to ½-inch gaps between them. Paint deep red; remove tape. Using a pencil eraser, dab red dots onto outer coral border. Change to white paint and dab over the red dots.

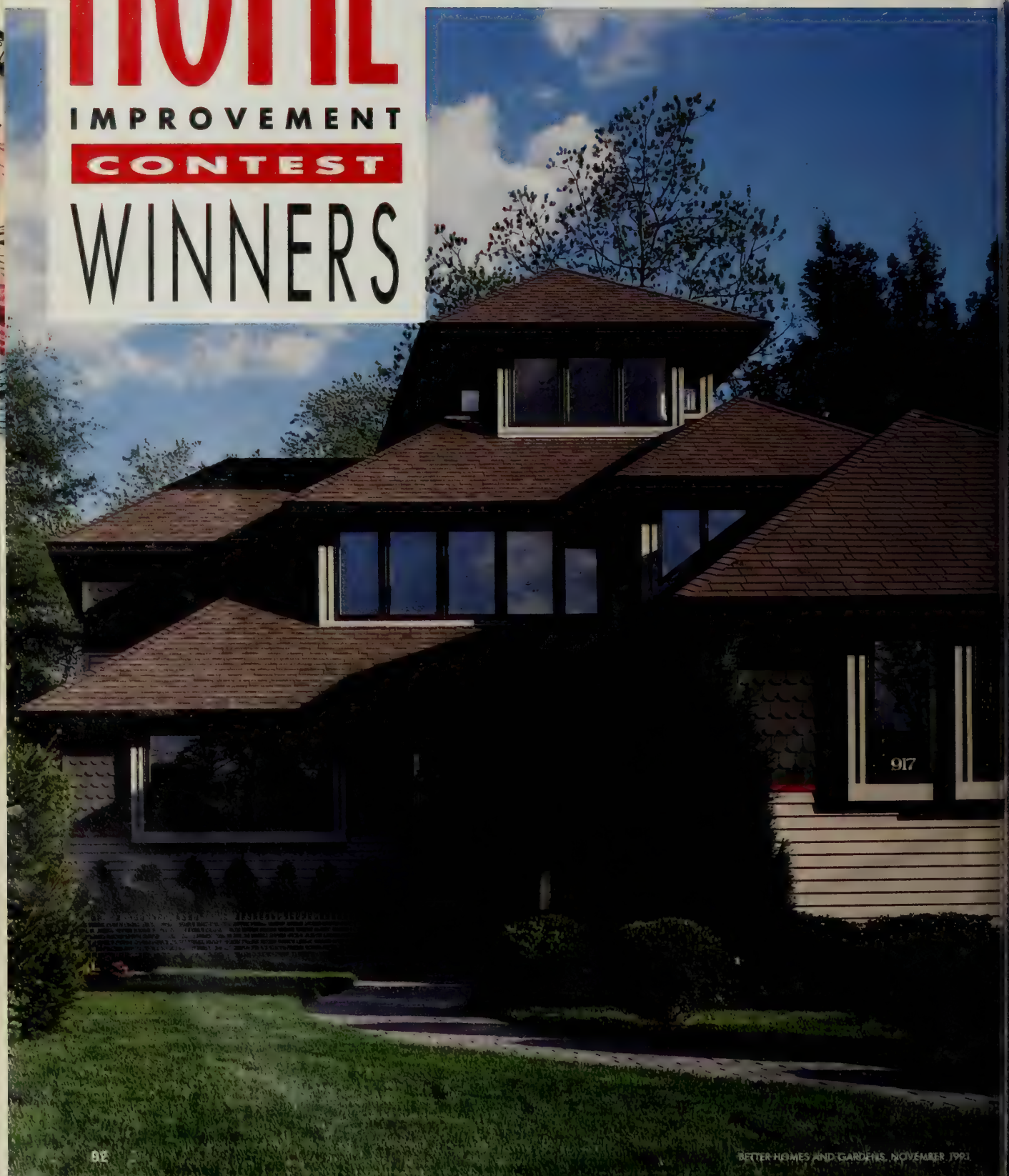
On lavender sections, lay varied lengths of masking tape at angled intervals. Sponge sections with blue-green paint; sponge with white and remove tape.

Cut 3-inch square of sponge diagonally to make triangular sponge. Dampen with white paint and lightly sponge over inside corners of outer squares. Once the piece has dried (give it one to three hours), brush mirror frame with a satin-finish polyurethane varnish. BH&G



HOME IMPROVEMENT CONTEST WINNERS

BY JOAN McCLOSKEY, WILLIAM L. NOLAN, TOM JACKSON, AND STEVEN GREENHUT



$11,000 GRAND PRIZE AWARD



Scott Rand and Merrilyne Hendrickson took top honors for their rehab.

Take a bow, America. Once again you've dazzled us with your expertise as fixer-uppers. More than 8,600 of you entered our Home Improvement Contest, so it wasn't easy deciding which entries should win.

The $11,000 Grand Award goes to Scott Rand and Merrilyne Hendrickson for their remodeling of a cramped cottage in Annapolis, Maryland.

continued

PHOTOGRAPHS: TIM FIELDS; ARCHITECT: SCOTT RAND; REGIONAL EDITOR: EILEEN DEYMIER

1



Before: **Even with the enclosed porch, this tiny house barely had room for two.**

2



Stage one: **The family-room wing takes shape outside the old dining room.**

3



Stage two: **Second-floor bedrooms and a loft piggyback the original structure.**

4



Stage three: **Hipped roofs cap each level of the home.**

HOME IMPROVEMENT CONTEST WINNERS

$11,000 GRAND PRIZE AWARD

A window-walled eating area opened up the kitchen to the garden.

Shuffling walls and adding square footage in strategic spots netted just the right dose of roominess and light in each area of the house. On the main floor, new wings on the side and the rear delivered badly needed family living space near the kitchen. Reorganizing the original space yielded a more workable kitchen layout, a foyer, and a powder room.

The new second floor straddles the rear half of the house, allowing

continued on page 96



New appliances and storage built-ins wrap around the kitchen island.



HOME IMPROVEMENT CONTEST WINNERS

$11,000 GRAND PRIZE AWARD

a stair-step roofline that blends perfectly with adjoining houses and honors setback restrictions in the neighborhood. The master bath, hall bath, and stair landing form a noise buffer between the two bedrooms. The master suite includes a window-lined bay at each end of the bedroom. Sliding doors in one of the bays open to a private deck that cantilevers over the rear patio.

Scott and Merrilyne did most of the work themselves while holding down full-time jobs, so it took them four years to complete the project. Scott, an architect, did all the design work and prepared the working drawings. They subcontracted the foundation, plumbing, wiring, and mechanical work, but did all the framing, exterior and interior finishes, and landscaping themselves. To hold down costs, they lived in the house throughout the project,

continued on page 98

Angling the shower compartment provided much-needed extra floor space in the master bath.



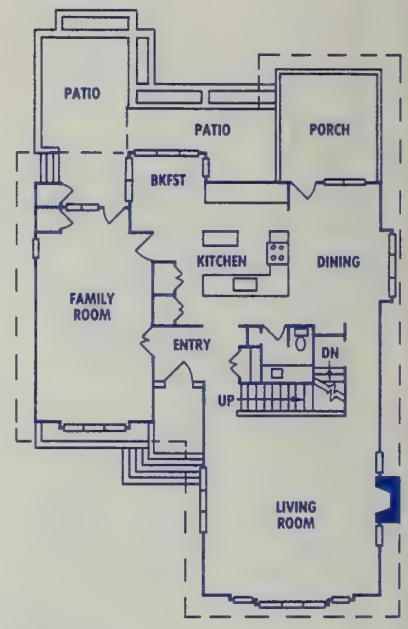
The new living room is now twice as wide and reaches to the roof. It's hard to believe this area once housed a living room, dining room, den, hall, and bathroom.



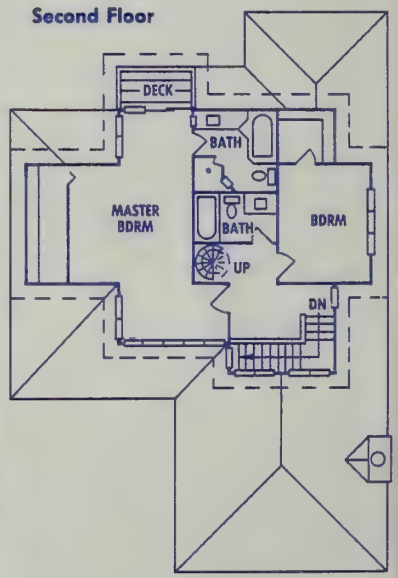
Before



First Floor



Second Floor

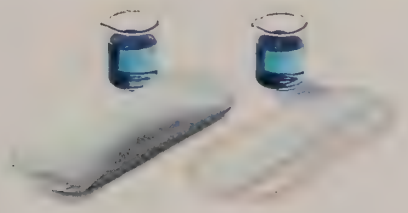


ILLUSTRATIONS: MIKE HENRY

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Introducing New Kotex® Ultra Thin Maxis
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Absorbs as much as
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For protection you can trust. *Kotex Understands.*™

HOME IMPROVEMENT CONTEST WINNERS

$11,000 GRAND PRIZE AWARD

phasing the work so that part of the structure was habitable during each phase. To make sure that the money they invested in the exterior design was well spent, the couple built the garage first and used it as a laboratory to test their materials and detailing on a small scale.

continued on page 100

Buying information, page 146.

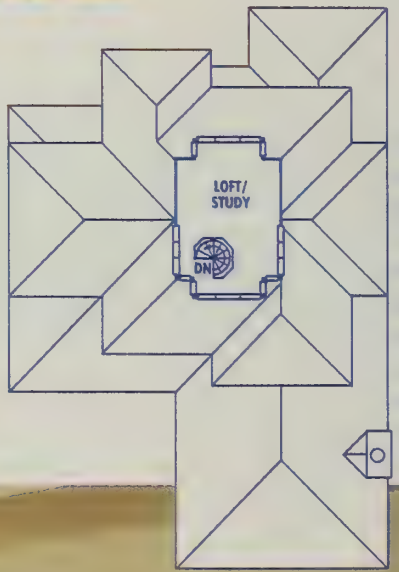


A prefab circular staircase claims minimum floor space in the loft.

Windows wrap the loft on three sides, scooping in breathtaking views of Annapolis' scenic waterfront.

WHAT THEY DID

- **Expanded the main floor** by adding a family room and a rear porch.
- **Added a second floor** to gain more room for bedrooms and baths.
- **Added a lofty perch** to take advantage of waterfront views.
- **Restyled the exterior** with clapboard and cedar shingle siding.
- **Opened up the interior** by subtracting walls and vaulting the ceilings.



Scott jogged the corners of the loft to meet ridges on the roof. This simplified the roof framing and created windowed bays at each end.



HOW TO ELIMINATE TSKS.

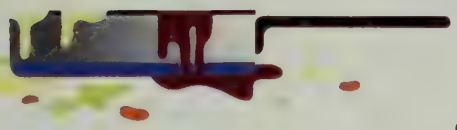
Don't work.





Don't play.

Don't eat.

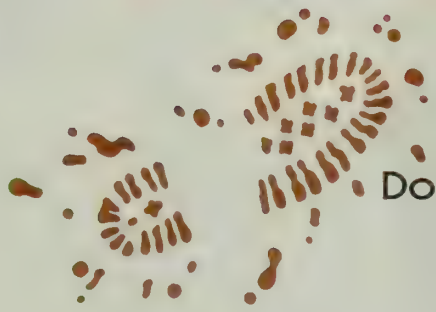




Don't drink.

Don't sit.





Don't stand.

Don't kiss.





Don't cry.

Don't live.





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Life's full of tsks. That's why Advanced Action Wisk® laundry detergent dissolves adhesive bonds which lock dirty, oily, everyday tsks to clothes, to get your whole wash clean.

To eliminate tsks, don't change your life. Use Wisk.

Lever Brothers Company

HOME IMPROVEMENT CONTEST WINNERS



The second-story master suite addition and outdoor stairs bridge the two older parts of the Connellys' home.

ADDING UP FOR MOM AND DAD



Tom and Kathy Connelly, daughter Lauren, son Dylan, and Allyson—the youngest of the family.

$1,000 First Place, Additions, and $4,000 Grand Prize Runner-Up: Tom and Kathy Connelly, Chevy Chase, Maryland

This second-story addition gave Tom and Kathy Connelly a much needed master suite. Included in the 20 × 20-foot addition is a master bedroom with a cozy window bay and a spacious bath.

Inside the bedroom, the rooflines of the window bay and the main roof merge to form a dramatically vaulted ceiling. Doric columns on the corners play off the colonial design of

continued on page 102



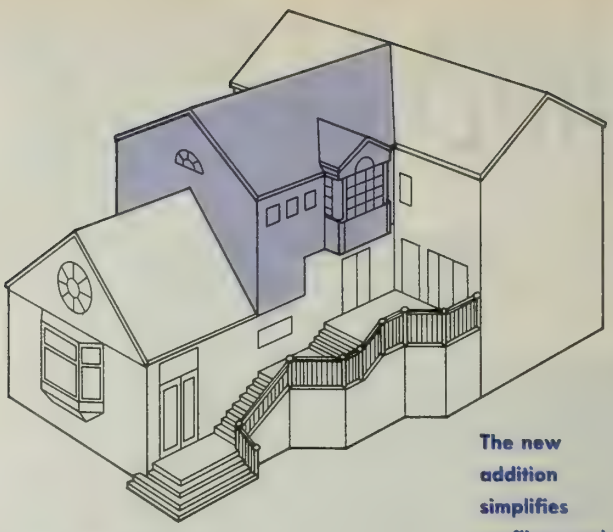
A retreat within a retreat, this small window bay is perfect for reading or quiet contemplation.



Crisp contrasts between the lavender walls and white ceiling accentuate the intersecting rooflines.

HOME IMPROVEMENT CONTEST WINNERS

ADD UP FOR MOM AND DAD



MIKE HENRY

The new addition simplifies rooflines and encloses 400 square feet of space.

the old house. Across from the bed, the window bay encloses a small parcel of charm and sunshine—just enough to encourage frequent visits from work-weary adults. Skylights and high windows usher in light without destroying privacy.

continued on page 104

WHAT THEY DID

- **Added a 20×5×20-foot** master suite on top of a previous family room addition.
- **Vaulted two intersecting rooflines** for a dramatic multi-angled ceiling.
- **Outfitted a new bath** with two sinks, a separate tub and shower, and granite tiles.
- **Replaced the old deck** railing and painted the new railings a crisp white.
- **Put in steps** that run down to the yard.
- **Enclosed the storage area** underneath the deck with lattice panels.
- **Tied the old house with the new** by painting the old brick and the new siding gray.



Only 6 feet wide, but 20 feet long, the master bath fills one end of the suite with a separate shower and tub, dual vanities, and storage.



ARCHITECT: STEPHEN L. PARKER. PHOTOGRAPH: TIM FIELDS. REGIONAL EDITOR: EILEEN DEYMIER

Buying information, page 146.

Our Hospital Is for People Who Never Breathe Easy.

If you suffer from asthma, mphysema or another hronic respiratory disease, he simple act of breathing and out is tough. And eatment results are often ustrating.

But in Denver, Colorado, here's a place that could elp you breathe easier than



Life is just better. I don't have the fear and panic I used to have anymore."
William Bailey, 61. Boulder, CO

ou have in a long me. It's called the ational Jewish enter for Immunology and espiratory Medicine, a non-ectarian hospital where the octors specialize in giving dults, children and families he knowledge, treatment and rength to manage the isease and live a better life.

We're a recognized leader the treatment and research f respiratory disease. In ct, we were recently cited as one of the top ten biomedical research facilities in the world. And the only one that specializes in respiratory disease. So here, you'll have access to the newest, most advanced treatment available.

"That hospital made me feel good."
Danny Jo Martin, 5. Dallas, TX



That's why even the most severe respiratory cases are referred to us, including patients who haven't found relief elsewhere. We teach people to anticipate and treat attacks before they become severe. And we show them how to use their medications for the best possible results.

In fact, in one study, treatment at National Jewish was shown to reduce the need for oral steroids in 87% of children with severe asthma. Another study indicated that our doctors helped adults with chronic asthma spend an average of 59% less time in the hospital.

We also believe that knowledge is one of the best medicines. So we'll spend a lot of time teaching you to understand how your disease is affecting you and your family, why you feel the way you do and how you can overcome feelings of frustration and hopelessness.



"They teach you to tell when you're getting into trouble so you can head off the problem early."
Elizabeth Trattner, 22. Tucson, AZ



"I had attacks most every night, but now I haven't had one in eight months."
Erin Runhaar, 12. Smithtown, NY

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PINT-SIZE KITCHEN OPENS UP TO THE ACTION

You could release the potential in your closet-size kitchen simply by breaking down the barriers that hem it in.

These homeowners unleashed the pent-up possibilities in their 9×12-foot kitchen by eliminating the walls that isolated the cook from the fun. Now friends and family are pulled into the action the minute they descend the steps from the front entry. A new, gracefully curving partial wall sweeps down to end in a crescent-shaped breakfast bar, which also provides an out-of-the-line-of-fire perch for the cook's company.

The kitchen was once lighted like an operating room with a single glaring fluorescent overhead fixture. Now this open space perks up your mood with light from four different sources: a strip of fluted clerestory windows, indirect soffit lighting above the cabinets, and recessed and under-cabinet task lighting.

A giant black-and-white checkerboard floor marches from the front door through the opened-up dining and living areas that form the rest of the great-room (see floor plan, *right*). Easy-to-clean black granite countertops and white lacquer cabinets set up a high-energy color scheme that suits both formal and informal get-togethers.



DESIGN TRUDY GLOSSBERG. PHOTOGRAPH BOB SCHIMER. HEDRICH-BLESSING REGIONAL EDITOR ELAINE MARKOUTSAS

Not an inch was added to the overall dimensions of the floor plan, but opening the kitchen to the living and dining areas gave the illusion of much more space. The high-gloss cabinetry and the checkerboard tile floor unify the areas.

DETAILS

FLOORING: Four 12×12-inch tiles form each checkerboard square.
LIGHT: Natural and artificial light are room and mood brighteners.
TEXTURES: Smooth, sleek lacquer and granite contrast with the stuccolike vinyl wallpaper.
EFFICIENT U-SHAPE: Wraparound, storage-studded cabinetry welcomes the cook.

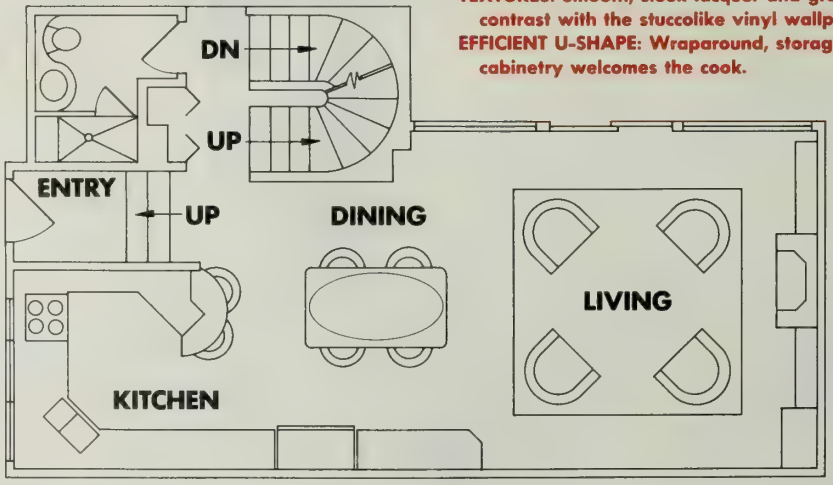


ILLUSTRATION: MIKE HENRY

One size fits all.



The new XL44™ gas oven from GE. 30% larger capacity inside. Same size outside.

GE introduces something new in gas ovens. Room. In fact, the XL44 has the largest capacity of any gas oven of its kind in the industry. So now you have the room to cook a 25 pound turkey plus 4 large casserole dishes, all at the same time. Yet, remarkably, all that room inside doesn't take up extra room outside. Because the new XL44 gas oven is so intelligently designed, it fits into the same space as a standard gas oven.

And with the new sealed burners that contain spills, upswept cooktop and self-cleaning interior, it's easy to keep the XL44 looking clean and beautiful.

Of course, if you'd like to know more about our new XL44 gas oven, simply call the GE Answer Center® service at 800.626.2000. They'll be happy to answer any size question, S, M, or XL.

We bring good things to life.

UNLIMITED VISION
More from a narrow space



No matter that it's as narrow as a railway car, this three-in-one living space functions for living without a tight squeeze.

Although it's a room for all reasons—living, dining, and cooking—this skinny 13×35-foot habitat handles the work load with ease. With simple tactics, the owners coaxed their "shotgun" room to function, spaciously and graciously. If you're faced with a similar tight-squeeze situation, consider these expansion suggestions.

Be more "open" minded. Whenever possible, choose small-scale furnishings, open-armed (or armless) chairs, see-through glass or acrylic tables, and other visual lightweights. The less bulk you have in a room, the bigger it appears.

Think twice before buying furniture. When one room must do it all, it's wise to use furnishings that play dual roles. Here, classic armchairs acclimate easily to both living and dining situations. Equally flexible, the expandable flip-top table not only doubles in size when company comes, but serves as a desk during off hours. No dining room? Consider using an adjustable table, one that rises for dining occasions.



Lightly scaled, flexible furnishings promote a feeling of spaciousness. You can easily move them about.

PHOTOGRAPHS: BARBARA MARTIN DESIGN: MICHAEL HOFFMAN

Try a new angle. When your current furnishings don't fit the floor plan, turn your eyes (and your furniture) in a different direction. A diagonal arrangement, for example, can appear to widen a narrow space or break a room of its boxy feeling. Or, de-emphasize a long space by floating an island seating arrangement in the center of the room.

Rely on rugs. Area rugs activate multipurpose rooms. Use coordinating rugs to break the room into separate activity areas.



In her later years,
with the chores to herself,
Mona Sheerin would swear
that her house
had become a mansion
and the yard
had gained an acre.
But, somehow, things got don
When she returned
from shopping,
the lawn would be mowed.
In autumn,
she'd find the leaves had
been mysteriously raked.
In fact, it wasn't until
the first snowfall,
when she heard a shovel
scraping clean the driveway,
that she figured it out.
So, on Christmas morning
she sent a box
of warm cookies with a
special gift to Bobby Kelly,
her next door neighbor,
as a token
of her
gratitude.



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DECORATING

THE TRUTH ABOUT FURNITURE POLISH

In the good old days, shining up the wood furniture meant hauling out the paste wax and using up your elbow grease. Then liquid and aerosol polishes changed all that; dusting and polishing became an easy one-step process. What isn't so easy is deciding which methods are best for you: Common myths about polish and waxes have complicated the cleaning issue. These facts should help.

MYTH: *Liquid and aerosol furniture polishes are better to use on furniture than paste wax.*

FACT: Each has advantages. Liquid and now-safer aerosol polishes clean better and are easier to apply. They contain solvents that remove grease, oil, and wax, so use them over wax only when you want to remove it.



PHOTO: LAURIE BLACK; REG L EDITOR: BARBARA CATHCART

If you're looking for a good wood cleaner, bring out the furniture polish.

Paste wax gives lasting shine and scratch protection because it doesn't evaporate as most liquid and aerosol polishes do. Apply paste wax, then wait for a matte appearance on the surface. Buff well with a clean, dry cloth so the wax won't build up; each new coat dissolves the previous one.

MYTH: *Some furniture polishes can damage a finish.*

FACT: No matter what, you can't damage your furniture finish with any common commercial furniture polish. The polish remains on top of your furniture finish until it's worn off or evaporates. You can polish often or seldom, use one or several brands.

MYTH: *Furniture polish protects your tabletops from heat and water damage.*

FACT: No furniture polish protects a finish from heat. Although furniture polish causes water to bead up and run off the surface, only the finish will keep water from seeping into the wood if the water stands for a long time. If a tabletop's finish has deteriorated, use coasters or table coverings.

MYTH: *Some furniture polishes cause unwanted "build-up."*

FACT: No furniture polish builds up if you wipe off the excess. Every time you apply a new coat of furniture polish, the solvents in the polish dissolve all of the wax or oil remaining from the previous polishing. New blends with old. The smear on your tabletops that you interpret as "build-up" is actually unevaporated oil left over from your previous polishing. If this bothers you, switch to another polish that evaporates more quickly.

The dirty, gummy finish that you sometimes see around cabinet door and drawer pulls, and on chair arms and backs, is deteriorated finish caused by dirty hands, body sweat, and indoor air pollutants. Clean this off your furniture with a good polish.

MYTH: *All furniture polishes clean equally well.*

FACT: Furniture polishes that look milky when sprayed or rubbed on surfaces contain both solvents and water. These polishes will clean sticky fingerprints, grease, oil, and wax. Polishes that are clear when sprayed or rubbed on furniture contain only solvent (no water), so they won't clean sticky, sugar-based dirt. They clean only grease-, oil-, or wax-based dirt. BHG

—with Bob Flexner

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Customize your cooking center with drawer organizers to hold all your cooking utensils. Try a handy cutlery drawer, complete with solid maple cutting board.

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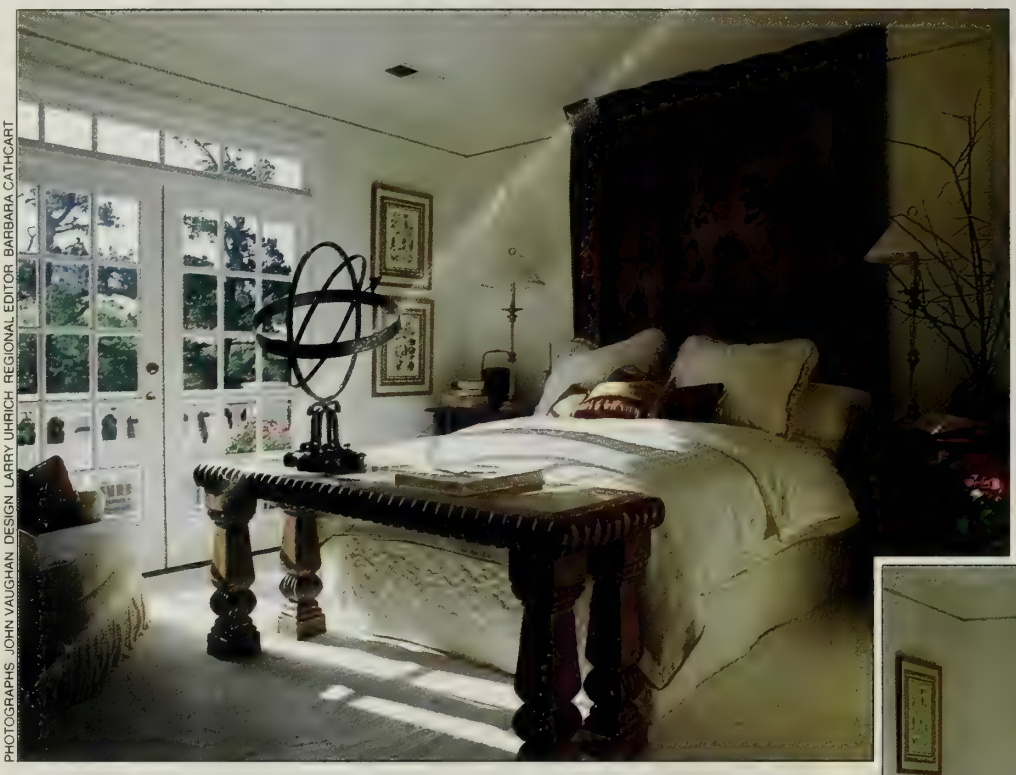
For over 60 pages of kitchen design hints and ideas, send $6 to: Merillat Kitchen Design & Planning Kit, Dept. BH11/91, P.O. Box 1946, Adrian, MI 49221. For Merillat dealer locations, call toll-free: 1-800-624-1250.

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SINGULAR SENSATION
Plotting a decorating scheme

PHOTOGRAPHS: JOHN VAUGHAN DESIGN: LARRY UHRICH REGIONAL EDITOR: BARBARA CATHCART



The substantial proportions of the tapestry inspired other overscale elements: a high bed, leggy lamps, a hefty console, and an ample armchair. Mixing textures gave the room its soothing, serene style.



Where to begin is a decision that confounds almost every decorator at some point. Myriad accessories, furnishings, colors, and materials flaunt themselves every time you enter a store. Sometimes the best strategy is to start with a single, high-profile element, then build the decorating scheme around it.

In this California guest room, the antique tapestry sets the decorating stage. Then, Mediterranean chic breezes in with a scattering of chunky, carved furnishings.

Choose a star. Hanging from a carpet strip (a ¼-inch-thick strip of wood with nails protruding from it) on the wall behind the bed, the tapestry demands star status because of its size and beauty. With such a wonderful headboard substitute, there's no need for a pricey bed frame. Although reproduction tapestries are available from carpet dealers, you may prefer a patchwork quilt, a patterned blanket, or a Navajo or an Oriental rug. Hang heavy rugs and blankets from a curtain rod slipped into a fabric sleeve basted onto the textile.

Eliminate the competition. The bedding, carpet, walls, and ceiling—all in monochromatic hues—play supporting roles to the main-attraction tapestry. The linens, however, don't simply fade into the wings. Quilted damask and moss fringe contribute subtle shading, rich texture, and delicate details. The white-on-white striped duvet cover and matching pillowcases are piped in beige to match the upholstery and elegant braided fringe on the easy chair. Made of tapestry remnants, the small pillows on the bed and chair link the bed with the stellar wall hanging.

Pull together a diverse cast. The furnishings' exaggerated scale keeps them from being visually overwhelmed by the large tapestry. The bed, for example, has all the stature of a four-poster but without the posts—the result of topping a platform bed with a box spring and mattress, instead of with a mattress alone. By boosting it 8 inches, the mattress sits level with the hefty Moroccan-style console. A single iron spherical sculpture gives far more visual impact than a spattering of pint-size pieces, and extra-tall glass-and-brass candlestick lamps provide a refreshing alternative to regulation-height bedside lamps. Although the pieces are rooted in different styles, their similarity in scale and color brings this look together.

As I See It #12 in a series
Dan Weaks
'Two For The Tub'
Hand-Tinted Black & White Photography



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AT YOUR SERVICE
Butler's pantry makes room for two



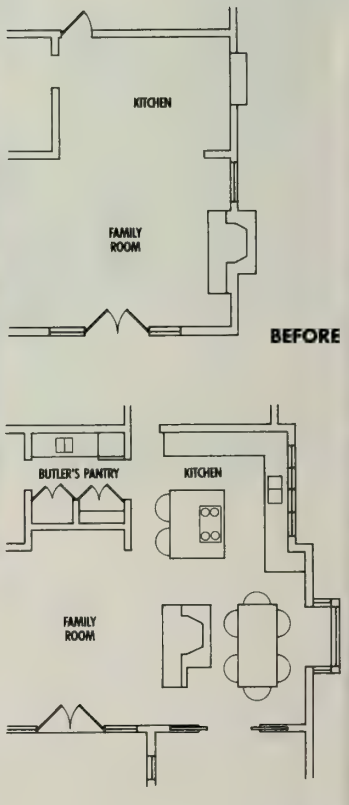
Sunshine from the counter-to-ceiling windows enlivens the white cabinets and colorful tile.



A butler's pantry was created from a little-used dining room.



An antique pine table warms the meal area and catches overflow paperwork from the desk.



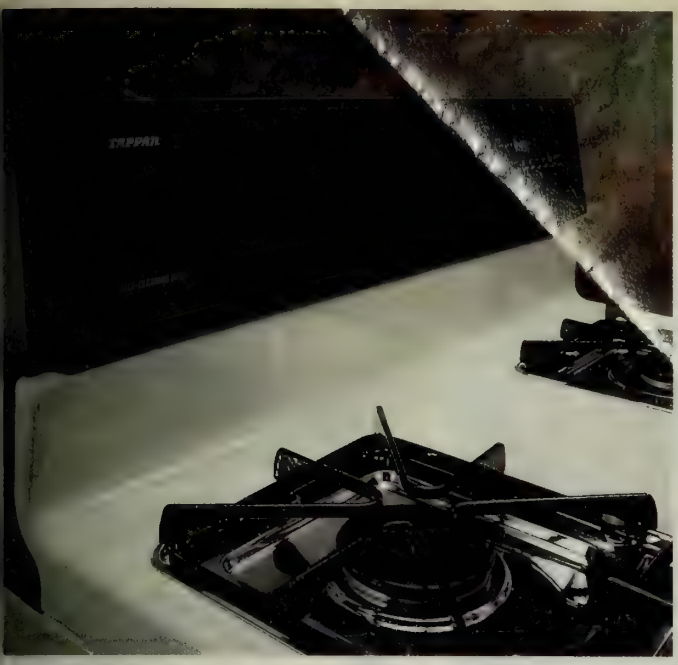
The butler did it. And a modern-day version of a butler's pantry might be an option for you when it's time to expand your kitchen to accommodate more cooks or make room for guest help.

Rachel and Michael Brau borrowed the space for their closet-size work space from a little-used dining room. Their pantry houses a stack of ovens, a salad or bar sink, and yards of storage for cans, appliances, and other culinary needs.

Next, the Brau's added an 8-foot extension to the kitchen and recentered the cooking island to create a new eat-in space for their family.

Now the Braus lunch together in the comfy nook behind the fireplace wall that once marked the home's exterior wall. Extra guests can roost on the sunny window seat that tops the storage bench.

Photograph: Joan Vanderschuit
Design: Sheldon Tager Associates
Regional editor: Sharon Haven



Most cooks would rather spend time simmering and baking than brushing and scouring. Which is why Tappan created the Upswept Gas Range. The easiest-to-clean gas range ever made. Its revolutionary one-piece curved cooktop and frameless glass control panel eliminates cracks, crevices and unsightly vents that make other gas ranges hard to an. European-style sealed gas burners keep spills and splatters on top of the range, where they be up fast. A banquet-sized, automatic self-cleaning oven cleans itself when the cooking's done. And the bottom rage drawer completely removes for easy sweep-up underneath. So no matter what kind of meals you create or how much of



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ness you make creating them, you'll clean up fast with nothing more than an ordinary sponge. The Tappan Upswept Gas Range. ecision crafted for people who love to cook. By people who feel the same. Just to make sure you never brush between meals ain. Compare Tappan to all the rest, and you'll see why it's the easiest-to-clean gas range ever made. For free ormation, call toll-free 1-800-537-5530.



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BEST BETS FOR BETTER HOMES

HOME STYLE

Warm your home the natural way this winter—with the latest products harvested from nature.



COURTESY OF GARDEN SOURCE

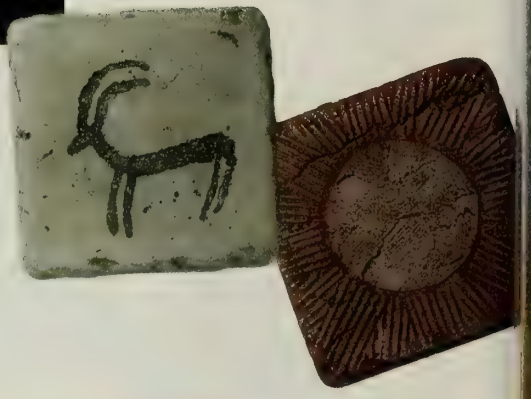
ROCKER OF AGES

Add warming contrast to a too-slick room—or complement a rustic one—with this 1890's style hickory rocker. It's fine enough to live indoors, sturdy enough to go out. Suggested retail: $518. *Garden Source, 200 Bennett St., NW, Atlanta, GA 30309; 404/351-6446.*



BATHING BEAUTIES

Pamper yourself with the simple elegance of today's many all-natural bath products. Here's a sampling to consider: a woven cotton rug ($16), Egyptian cotton towels ($6 to $24), natural sea sponges ($9.50), honey soap ($9 for set of three) and alabaster accessories ($58 each). *Chambers Mail Order Dept., Box 7841, San Francisco, CA 94120-7841; 800/334-9790.*



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PHOTOGRAPHS: PERRY STRUSE

ROUGHIN' IT

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If you think that dog foods are pretty much alike, read the labels. You'll see that Purina O·N·E Dog Formula is different.

It starts with real chicken as the main ingredient, for high quality protein.

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For a taste of coffee perfection, brew Melitta Premium and Decaf Premium. Because other may say they're right for your gourmet machine. But Melitta has grounds for it.



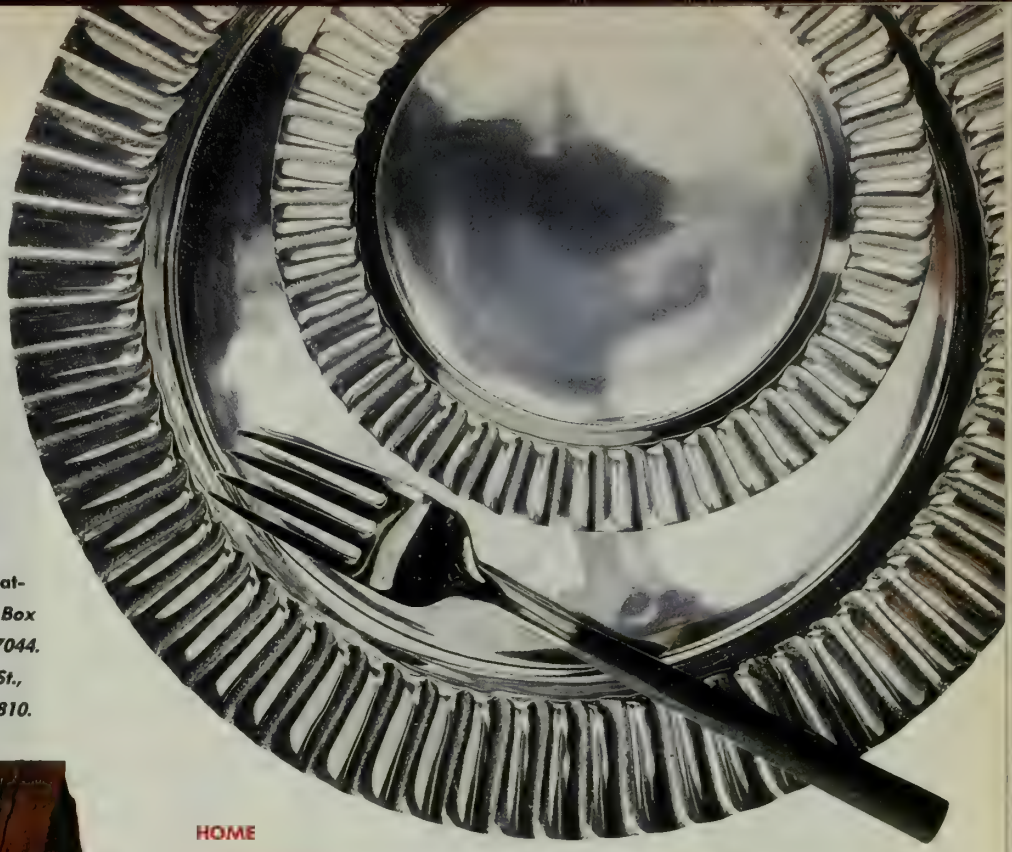






Le Grand Café

HOME STYLE



ROUGH IT UP

Forge a new tabletop look by accenting your dinnerware with these hand-hewn heavy metals. Suggested retail: 20-piece flatware set $129; charger $43; bread plate $18. Flatware: *Pottery Barn Mail Order, Box 7044, San Francisco, CA 94120-7044.* Plates: *Conexco, 1014 S. Tryon St., Charlotte, NC 28203; 800/782-2810.*



HOME TWEET HOME

Not just for the birds anymore, birdhouses please fans of friendly folk art. Perch the humble abode on a pedestal, shelf, or armoire. Suggested retail: $198. *Garden Source, 200 Bennett St., NW, Atlanta, GA 30309; 404/351-6446.*



NATURAL BEAUTY

In the '80s, comfort was found in rooms stuffed with objects, but in the '90s many folks are daring to be spare and longing for a more natural style. Now, you can join the "un"-generation in design: Try these untreated, undyed, unbleached, and unadorned linens for the bedroom and bath. The Purist Collection is perfect for folks who are sensitive to chemicals and synthetics—even the sewing threads are made from pure, untreated cotton. For a catalog and prices: *Garnet Hill, 262 Main St., Franconia, NH 03580; 800/622-6216.*



COURTESY OF GARNET HILL

IRON-RICH FURNISHINGS

With its textural finish and no-nonsense design, this wrought-iron bench is as much sculpture as it is furniture. Try two at the foot of the bed for a handsome rest stop or in the dining room for extra surface space or seating. Suggested retail: $175. *Thomasville Furniture, P.O. Box 339, Thomasville, NC 27360; 800/225-0265.* BH&G

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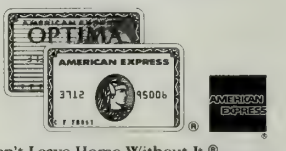
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Release heritage linens from crowded storage drawers and dusty old trunks where they might deteriorate. Out in the light, they'll be free to breathe again as they grace your rooms. These tips will help you keep your vintage linens in mint condition.

Hand-wash soiled linens in cold water using a mild detergent. Rinse them thoroughly. If soil or stains persist, soak fabrics in a safety bleach or bleach substitute that contains sodium perborate and claims to be safe for colors. Use white vinegar and water for the final rinse to neutralize any soap or bleach left in the fabric.

When drying, avoid the heat of mechanical dryers that will destroy fibers. Allow linens to air-dry, or dry all-white pieces in the sun.

To bleach spots or to whiten linens, lay wet linens outdoors on the grass under the sun. Keep the fabrics wet for as many hours as it takes for the sun to bleach all spots. Leave a garden hose nearby to wet down the fabrics as they begin to dry.

Caution: Sun-drying will lighten some colors and may weaken worn or fragile laces, so use this method with care. Colorfast embroidery floss will not be affected by this procedure.

Iron the fabrics dry, using a small amount of spray starch on the backs of the pieces.

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3 eggs, lightly beaten
1 cup sugar
2 tablespoons all-purpose flour
1 cup Karo® Light or Dark Corn Syrup
2 tablespoons butter, melted
1 teaspoon vanilla
1 (9-inch) unbaked pastry pie shell
1 1/2 cups large pieces Diamond® Walnuts



Heat oven to 400°F. Combine eggs, sugar, flour, corn syrup, butter and vanilla; blend well. Pour into unbaked pie shell; arrange walnuts on top. Bake in lower third of oven at 400°F. for 15 minutes. *Reduce* oven temperature to 350°F.; bake an additional 35 to 45 minutes or until center appears set. Cool completely.

8 servings.
Prep Time: 10 minutes.
Bake Time: 50–60 minutes.



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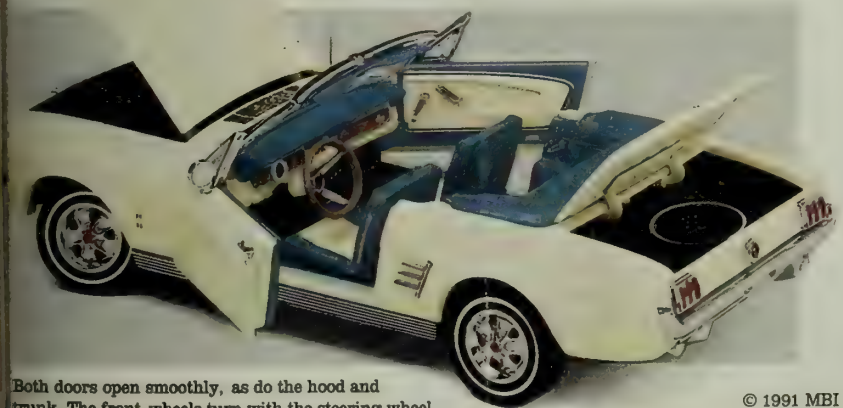
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Both doors open smoothly, as do the hood and trunk. The front wheels turn with the steering wheel.

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HOME
IMPROVEMENT
CONTEST
WINNERS

UPDATE FOR AN OLD



KITCHEN

$1,000 First Place, Kitchen Shape-Ups: Clyde and Bethany Mehr, South Lyon, Michigan

Designed by the Mehrs' son Michael, this kitchen with its windows, contemporary style, and glass blocks creates a sunny attitude—even on cloudy days. A 10-foot, window-filled dining- and sitting-room addition opens up the old kitchen to better light and views.

continued on page 106

PHOTOGRAPHS: SCOTT MCDONALD; HEDRICH-BLESSING. REGIONAL EDITOR: ELAINE MARKOUTSAS



Stainless-steel details and glass blocks add extra sparkle to every drop of sunshine.

WHAT THEY DID

- **Stripped off old cupboards** and replaced them with laminate cabinets.
- **Vaulted the ceiling** and stair-stepped the cabinets.
- **Installed track lights** in the ceiling vault and recessed lights in the soffits.
- **Rounded the edges** of the countertops and the cabinet ends.
- **Made the moldings** large, square-edged, and simple.
- **"Floated" an eat-in counter** on top of stainless-steel supports on a glass block half-wall.



Clyde and Bethany Mehr, son Michael, and daughter-in-law Betsy in their new dining area.



Tall windows wrapping the addition to the kitchen guarantee views and sunshine.

A vaulted ceiling, display cabinets, and black tile draw your eyes to the end of the kitchen.



Buying information, page 146.

HOME
IMPROVEMENT
CONTEST
WINNERS

ADDING A LOFTY ATTIC



GETAWAY



PHOTOGRAPHS: SCOTT MCDONALD, HEDRICH-BLESSING.
ARCHITECT: BOB ARTHUR. REGIONAL EDITOR: ELAINE MARKOUTSAS



Tim, Mary, Sarah, Cody, and Buck enjoy a leisurely Saturday morning in the new upstairs master suite.

$1,000 First Place, Interior Redos, and $4,000 Grand Prize Runner-Up: Tim and Mary Andrews, South Bend, Indiana

Kids and clutter were threatening to crowd Tim and Mary Andrews out of their home. Converting their attic to a cozy master bedroom and gleaming black and white bathroom provided just the extra space needed to make their lives less harried.

continued on page 108

WHAT THEY DID

- **Added dormers** to part of the bathroom area to provide headroom.
- **Refinished the pine floors** for a natural look that also limited costs by eliminating the need for new flooring.
- **Transformed their attic** into 550 square feet of extra living space.
- **Converted their old master bedroom** into a first-floor family room.
- **Installed larger windows** and a skylight to shower the new space with sunlight.
- **Built in cabinets** and shelving to take advantage of every storage opportunity.

This handsome headboard is built right into the wall. Plump easy chairs in the sitting area provide a comfy getaway.

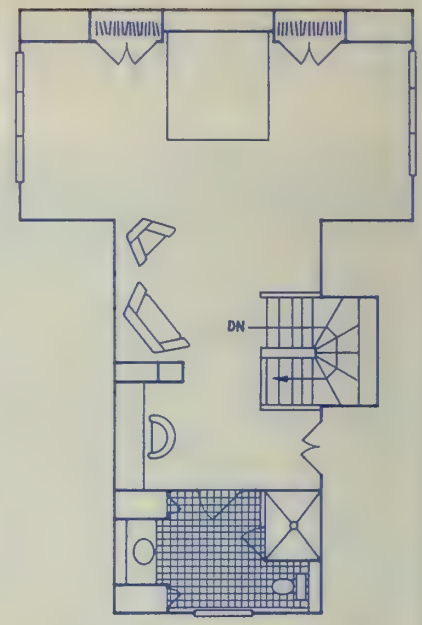
HOME IMPROVEMENT CONTEST WINNERS

A LOFTY ATTIC GETAWAY

"When you walk up those stairs, all of a sudden you're in another world," Tim says. "We now have a little getaway that offers some peace and quiet."

An open floor plan and sunny skylights keep this attic bright and spacious and let Tim and Mary enjoy their gorgeous new retreat. Style doesn't mean sacrificing storage—an abundance of built-in cabinets and closets takes advantage of every possible nook and cranny.

Plenty of windows and a glass-block shower wall let lots of sun into the attic's sparkling new bathroom. For an art-deco-inspired look, Tim and Mary chose black and white tile, counters, and cabinets. A tile-trimmed oversize mirror and decorative floor-tile pattern are stylish touches that also evoke an earlier era. Built-in shelves



A simple floor plan keeps this under-eaves suite feeling spacious. Sleeping and sitting areas blend naturally, adding to the bedroom's comfort.

Everyday.



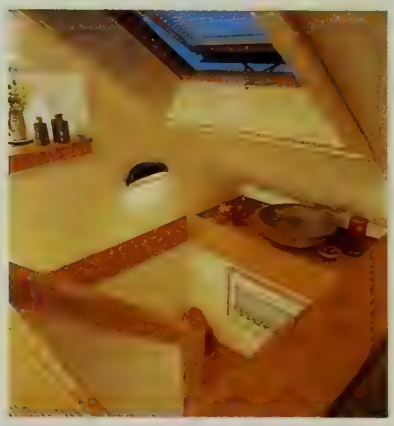


Nestled by the chimney, a built-in desk has a place for practically anything with its many cubbyholes.

above the toilet and floor-to-ceiling storage cabinets make use of space that would otherwise be wasted.

continued on page 110

Buying information, page 146.



Sunshine pours through the skylight onto the pine woodwork to help create a loft effect.



Black and white tile and glass block offer a stylish yet timeless look for the new bathroom.

Holiday.



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A SUN-LOVING OUTDOOR OASIS

HOME IMPROVEMENT CONTEST WINNERS

$1,000 First Place, Outdoor Improvements: Paul and Teresa Finer, Orlando, Florida

As the new owners of a century-old Florida home, Paul and Teresa Finer decided to put off the extensive interior improvements that were desperately needed. Instead, they put their first effort into creating an outdoor oasis complete with a pool, a spa, gardens, and a columned pergola.

"We soon realized that living in Florida meant lots of sunshine and lots of guests," Teresa said. This lush outdoor upgrade lets Paul and Teresa make the most of the Florida weather and provides a place to entertain guests or enjoy a quiet evening alone.

continued on page 112



This picture-perfect pergola echoes porch columns on the front of the house so well that the Confederate Civil War veteran who built the house would surely be proud.



PHOTOGRAPHS: JEFF BLANTON. LANDSCAPE ARCHITECT: TIM PRIEGEL

Paul and Teresa enjoy a little sunshine by their new spa.



Style and grace abound in this private outdoor space.

WHAT THEY DID

- **Designed a columned pergola** to match the house rather than choosing a typical gazebo.
- **Built the pool** in the sunniest and most private part of the yard.
- **Chose a gray** pool bottom to provide a more soothing look than standard white or blue.
- **Replaced the concrete** side-yard car park with gardens.
- **Landscaped the yard** and added a white picket fence to blend with the antebellum style of the home.
- **Surrounded the spa** with a terrace that steps down to the pool.


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FRESH FACE FOR A '50s RANCH

HOME IMPROVEMENT CONTEST WINNERS

$1,000 First Place, Exterior Fix-Ups: George Rickey, Minneapolis, Minnesota

You would never know that this English country prince was once the neighborhood pauper. Nestled amid stately neighbors in a grand old Minneapolis lakefront neighborhood, George Rickey's home now looks perfectly at ease.

The home's roof was removed and a half-story with front and side dormers was added. The original brick was sandblasted, and classicly styled new windows let George take full advantage of the expansive lake views.

continued on page 114



PHOTOGRAPHS: SUSAN GILMORE. ARCHITECT: DON NORDBLUM



This home's traditional qualities blend perfectly with its neighbors. Homeowner George Rickey looks out over the lake from his porch.



This basic brick box was transformed into an English country charmer.

WHAT HE DID

- **Added extra insulation** while replacing the roof to hold down heating costs during cold Minnesota winters.
- **Created a solarium** from the screened sun porch for year-round enjoyment.
- **Used natural materials** such as cedar shake roof shingles and all-wood windows throughout for added warmth and charm, and to achieve a traditional look that blends with neighboring homes.
- **Added a full foundation** under the front porch to support the weight of the new entry roof.



Delightful details on the columns supporting the home's elegant new entry roof add to its sense of quality and style.

Buying information, page 146.

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A MASTER BATH FOR THE '90s

HOME IMPROVEMENT CONTEST WINNERS

$1,000 First Place, Bathroom Remodelings: Ken and Joan Mizelle, Arlington, Texas

The master bath in Ken and Joan Mizelle's Texas ranch was too small to serve two people at once. A spare bedroom yielded enough space for a whirlpool tub, a two-person shower, and a dressing area. BH&G



WHAT THEY DID

- **Traded a spare bedroom** for a roomier master bath.
- **Added a mirrored dressing area** with his-and-her wardrobe closets.
- **Chose neutral colors** for the walls and floors for an updated look.
- **Added accent stripes** with brightly colored tiles.
- **Installed skylights** over the tub and dressing area.
- **Maximized arm's-reach storage** near the lavatories with vertical built-ins.



High-rise storage in the dressing area harbors a pop-out ironing board.



Tall storage modules flank the twin lavatories, putting towels and grooming aids within reach.

There's room for two in the shower or tub. Glass block walls let the shower stall share light from two skylights.



PHOTOS: JENIFER JORDAN; ARCHITECTURAL DESIGN: BETH STRIBLING, CKBD, KITCHEN PLANNERS, INC.; REGIONAL EDITOR: AMY MUZZY MALIN

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HOME IMPROVEMENT CONTEST WINNERS

SURVIVING REMODELING
How they did it

The way our readers tell it, home remodeling is much more than bricks and mortar, drywall, and 2×4s. They say remodeling is about individual courage and family reliance. It's about coping with disruptions, and keeping a sense of humor while living on frozen pizzas and sleeping on the basement floor.

Some of our readers told tales of doing dishes in the bathtub for months on end. Others spoke of large families learning togetherness the hard way—by being crammed into tiny living areas. But each story had a common ending, with homeowners enjoying their snazzy new spaces. Here's a look at how these folks managed to survive the wreckage. Some of their experiences may help you get through your next project.

IN THE ROUGH

Some homeowners flew the coop while others held down the fort. Those that stayed through the tumult often learned just how rough roughing it could be.

- Gary DeFillippo of Orange, Connecticut, says living through his whole-house redo was an agonizing experience. "All of our clothes were in garment bags in the living room. Searching for proper attire was like being on an Easter egg hunt three times a day." But that was nothing, he added, compared to the pounding that woke his family at 6 a.m. most mornings.
- Teresa and Paul Finer of Orlando, Florida, now laugh at how they ran for cover after tripping a burglar alarm while slipping in next door to use the bathroom. The neighbors were out of the country, they explain, and the Finers' sewer lines were unexpectedly knocked out of commission during construction of a swimming pool.
- Penelope Phelps of Cadillac, Michigan, recalls the day she came back from out of town after the contractors had been hard at work. "It was traumatic. There was a gaping hole where my kitchen used to be." After the shock wore off, she learned the joys of cooking with only a microwave, and of washing dishes in the bathtub.



PLUG IT IN.™



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no working bathroom. Fifteen years' coats of mustard-colored paint covered the solid mahogany walls, and a bird's nest with an egg lay in the middle of the floor.

They salvaged the hidden woodwork with heat guns and gallons of paint remover. Further toil turned a disaster into their stunning dream house. "Throughout it all," says Sylvia, "we learned that when doing remodeling, you've got to keep your sense of humor."

THEY'D DO IT AGAIN, IN A HEARTBEAT

Despite the dust and disruption, *Better Homes and Gardens®* magazine readers say they were thrilled with the results of their remodeling. Most would do it all over again.

- Peggy White of Tahoe City, California, spoke of "many, many months of frustration, turmoil (of course it rained when we took the roof off), anticipation, and disappointment. Everyone kept telling me someday it would all be worth it. But I didn't believe them until now."
- Wanda Godlewski of Atlanta says, "The job took 11 trying months. Now we are happy with the result, though lots of times we had second thoughts about having started the whole thing."
- Mary Lively of Dunedin, Florida, says, "The biggest hassle was living in a home without any kitchen for two months. But the results are well worth it. We have something we are very proud of, and I feel a tremendous sense of accomplishment. I learned a lot, not just about construction, but also about myself and what I can do."

- Robert and Kathy Shaw of Kyle, Texas, had no front door for three years during their whole-house remodeling. "While most people who knew us just came in the back, others would stand outside yelling for help," says Kathy. The Shaws also suffered through months without heat or air conditioning and lived with constant drywall dust. Demolition work was "very therapeutic," Robert says, and relieved stress from their living conditions.

TRIUMPH OVER TRAGEDY

Some readers' remodeling triumphs were all the sweeter because they came on the heels of near tragedy.

- Greg and Jackie Crawfis of Mansfield, Ohio, came home from dinner to find fire engines at their home. "We almost lost everything we had worked so many years to accomplish," says Jackie. Greg and his father had sanded attic floors that evening. Apparently, a spark from the sander had dropped below the floorboards and lay smoldering. Fortunately, there was little damage and the Crawfises went on to complete a lovely attic conversion.
- John and Brenda Chaparro's home in San Francisco sustained major structural damage during the October 1989 earthquake. The Chaparros used that as an opportunity for the big remodeling they had been wanting to do.

KEEP ON SMILING

The first sight of the condominium that would become their home dismayed Sylvia and Dwayne Morris of Chicago. The kitchen was a burned-out shell and the unit had

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HOME IMPROVEMENT CONTEST WINNERS

REMODELING INSIGHTS



***Better Homes and Gardens*® magazine editors served as contest judges. They are: William L. Nolan, Joan McCloskey, Tom Jackson, Margaret McMahon**

The experiences of the more than 8,600 homeowners who entered the *Better Homes and Gardens*® magazine Home Improvement Contest are a window to remodeling trends in America today.

Whether they finished awesome whole-house add-ons or simple same-space upgrades, these readers have valuable insights and fascinating stories to share. Here's a glimpse at what we learned from them.

WHY THEY DID IT

Many readers showed a renewed sense of place. They wanted to stick with the neighborhoods they've grown to love and fix up rather than move out.

Beverly Caruso of St. Louis Park, Minnesota, expressed a typical view: "Our home is perfect for us in terms of size and location. Since we like the basic plan, we decided to add things we wanted in our dream home."

Whether adding on for that new baby or preparing for those "golden years," many remodeled to meet lifestage changes. "With the birth of our second child, the time had come to add that third bedroom," say Warren and Julie Kramer of Spring Lake, Michigan, who found their extra space in an unfinished attic.

Others remodeled so they could enjoy their home more. Esther Dusinberre of West Chester, Pennsylvania, says "My husband used to tease me and say he didn't know how I managed to cook for six kids all those years and then when they all leave I couldn't cope without a new kitchen."

Still others remodeled their homes to take advantage of outdoor spaces. Frederic Tilton of Cincinnati says he bought his home largely for the beautiful wooded lot with a small lake and meandering creek. "It seemed strange to us that when it was built not much had been done to take advantage of the wooded lot," he notes.

Others even bought inadequate homes in dire need of remodeling because of their perfect lot or location.

HOW THEY DID IT

Often, our readers turned to the pros for projects that were beyond



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their abilities. Many, like Jim and Cindy Kent of Columbus, Ohio, still kept costs down by doing the things they could, like painting, staining, laying tile, and roofing.

Others, like Paul Nordborg of Holden, Massachusetts, chose the do-it-yourself route for his fireplace mantel even though he lacked experience. It took a fair amount of gumption, he recalls.

No matter who did the actual work, our readers put great emphasis on thorough planning. Some planned their projects for a decade. Others went back to school to hone their skills.

Some even found savings through salvaged materials. Shelly Cords-Swanson of Odin, Minnesota, says "Those French doors were quite a chore. They had to be refinished and all the brass hardware had to be custom-fitted. But, hey, I only paid $7.50 for the pair."

WHAT THEY DID

Our readers built up, added on, and bumped out. Countless readers revived old treasures.

Others saw potential in the unlikeliest places. Robert and Lois Dwartz of Martha's Vineyard, Massachusetts, say they rejected everyone's warnings and bought the "house from Hell." After months of painstaking remodeling, they're now enjoying their charming "new" waterfront cottage.

Others undid previous remodeling attempts. Gary and Margie Horde of Bellingham, Washington, returned a historical lake home to its original glo-

BEFORE



AFTER



Many of our readers transformed unfinished attics into much-needed living space.

ry by undoing a 1960s "remuddle" that removed much of the home's character and charm.

Like a number of readers, Michael and Dorothea Bartlett of Cornwall, Vermont, built up. They added 1½ stories to their "small, rundown, and just downright ugly" house.

Over and over, readers went to great pains to change "dark and dreary" and "cavelike" rooms into sunny spaces. Craig and Jane Farnsworth of Charlottesville, Virginia, say, "Six months after moving into our first house, we were convinced that our upstairs level was too dark and depressing to ever be an enjoyable, well-used space." Their sun-loving renovation created living areas that they now can be proud of.



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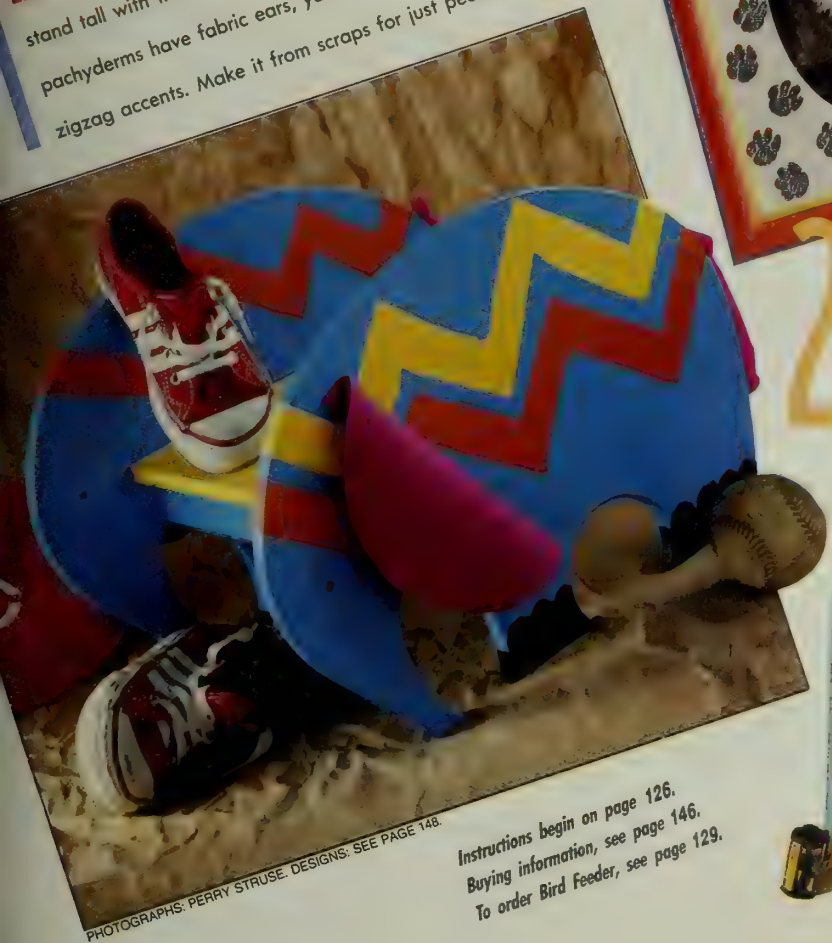
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10 QUICK GIFTS TO CRAFT

BY JILANN SEVERSON

Gather up the glue gun and haul out the hammer——it's time for Christmas crafting. We've pulled together 10 great fast-to-the-finish gifts perfect for holiday giving. From Grandpa to Junior, Mom to Aunt Mabel, we have the whole family covered, even Fido and Fluff.

ELEPHANT STEP STOOL Let the small ones stand tall with this little wooden bench. Twin pachyderms have fabric ears, yarn tails, and painted zigzag accents. Make it from scraps for just peanuts.



PHOTOGRAPHS: PERRY STRUSE. DESIGNS: SEE PAGE 148.



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Buying information, see page 146.
To order Bird Feeder, see page 129.

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10 QUICK GIFTS



4 GREETING CARD JEWELRY Cut designs from everyday greeting cards, then have them professionally laminated for fast, fun, and lightweight barrettes, pins, and earrings.





5 BATH TUB TRAY They'll bubble away those toils and troubles all year long with a pine-and-dowel tray that holds bathtime treats. It fits almost any tub.

6 LAMINATED PLACE MATS Turn the kids loose with paper and paints, then join the fun, too. Use watercolor paper and paints for the best results, then professionally laminate your favorite designs for instant place mats.





7 BIRD FEEDER Treat your flighty friends to a cedar-and-glass bird feeder. Build it yourself from scraps, or order a completely assembled version on *page 129.*

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10 QUICK GIFTS



8 FRAMED CHILD'S DRESS Preserve a well-loved heirloom in a custom-made clear-acrylic box. Plastics dealers will often cut the pieces to measure and provide an easy-to-use adhesive.



9 FUNNY-FACE MIRRORS Even the worst morning grouch has to smile at these reflections. Painted and embellished hardboard shapes have a purchased mirror glued on.

10 BEANBAG DOLLS These aerobics-class queens bend, stretch, and playfully pose their rice-filled bodies. With wire hair and full-of-fun trims, each has a personality all its own.





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Buckle up—together we can save lives.

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It's early morning. The coffee's gone. A busy commute stares you in the face. Fortunately, the burst of energy you need to overcome it all is as close as your driveway. In the form of the new V-6 powered Ford Tempo GLS.

ALL THE RIGHT INGREDIENTS.

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Next, we balanced this new power with the crisp handling of a four-wheel independent suspension system. And, just for the fun of it, we even made the sporty Tempo GLS look sportier than ever, with bold styling cues like *fog lamps and body-side cladding.*

It all helps make Tempo a car that's as rewarding to drive as it is affordable to own. And, of course, a value like that is something that can really boost your spirits.

NEW TEMPO Ford V-6

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SURGEON GENERAL'S WARNING: Quitting Smoking Now Greatly Reduces Serious Risks to Your Health.

10 QUICK GIFTS

continued from page 124

BEANBAG DOLLS, page 124

Materials: *For each doll:* ¼ yd. 45-in.-wide fabric; scraps of fabric and Wonder-Under transfer web; buttons, beads, and ribbons for embellishing; two 5-mm beads for eyes; 2 ft. colored thermostat or bell wire (available at hardware stores); fiberfill scraps; rice; glue.

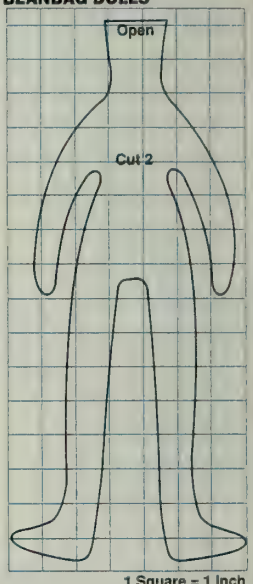
Instructions: Finished size, approximately 16 in.

Enlarge pattern (*right*) to scale (533 percent). Trace pattern to wrong side of fabric; lightly transfer to right side. Do not cut out. Using fusible webbing, apply any desired appliqués to right side of fabric before sewing. If desired, machine-appliqué shapes in place. Lay traced piece on another fabric piece, right sides together. Sew on line, leaving top open. Trim excess; clip curves. Turn right side out.

Fill doll through top with rice, stopping just below neck. Figure should be floppy and flexible. Stuff neck and head with fiberfill. Turn under raw edges. Blindstitch opening closed.

Twist wires around toothpick or bend into zigzag shape. Sew wires to top of head. *Note:* If dolls will be used by young children, substitute yarn hair for wire hair. Sew on bead eyes. If desired, embroider mouth or eyebrows using single-strand embroidery floss and long stitches. Sew or glue on other embellishments as desired.

BEANBAG DOLLS



1 Square = 1 Inch

FUNNY-FACE MIRRORS, page 124

Materials: *For each mirror:* 8×16×¼-in. piece hardboard; 5×7-in. oval mirror (available at crafts stores); trinkets such as glue-on jewels, assorted buttons, copper scouring pad, yarn, and colored thermostat or bell wire; crafts glue or hot-glue gun; button for spacer; primer; paint.

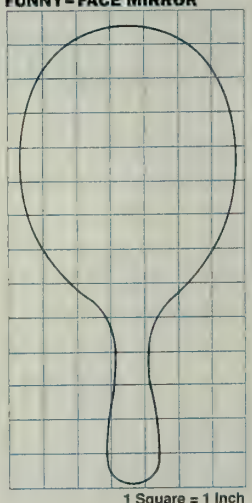
Instructions: Finished size, approximately 14 in. long.

Enlarge pattern (*right*) to scale (533 percent). Transfer to wood. Prime and paint as desired. Center mirror to paddle front for each style. Do not glue mirror in place until hair is secured.

Wire head: Loosely twist 3–6-in. pieces of wire around pencil or bend to shape. Glue to paddle, making sure mirror will cover ends. Glue button spacer to paddle near bottom end of mirror, making sure mirror will cover button. *Note:* Button will raise mirror bottom, compensating for depth of "hair" and causing mirror to sit flat.

Attach jewels randomly to handle. Glue mirror to paddle.

FUNNY-FACE MIRROR



1 Square = 1 Inch

continued on page 128



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10 QUICK GIFTS

continued from page 126

Curly locks: Glue mirror to paddle. Paint shirt pinstripes on handle. Glue row of shirt buttons down handle.

Loop yarn back and forth into 28-in. lengths and to desired thickness. At center, tie with yarn loop for part; trim ends. Glue part in place at center top of mirror. Fluff "hair" as desired; tie into pigtails. Tie ribbons in place over pigtails. Glue ribbon to paddle. If needed, tack hair in place with additional glue.

Copper topper: Pull and flatten copper scouring pad; separate into 2 lengths. Glue 1 length to paddle back; glue other to front, making sure mirror will cover edge. Glue button spacer and mirror to front over scouring pad same as for wire head. Randomly glue buttons to handle.

Butch: Cut 2-in. lengths of yarn scraps for hair. Glue to paddle in arc across top. Attach mirror and button spacer same as for wire head.

Tie small fabric scrap into bow tie; glue to handle. Glue 3 shirt buttons down handle.

LAMINATED PLACE MATS AND JEWELRY, page 123

Materials: *For place mats:* 12×18-in. piece watercolor or similar paper; watercolor or thin acrylic paints. *For jewelry:* greeting cards, postcards, or other pictures; jewelry findings (available at crafts and fabric stores); clear-drying crafts or epoxy glue.

Instructions: *For place mats:* Paint designs onto paper. For lighter colors, use water colors or dilute acrylic paints with water. For bolder colors, use acrylic paints and do not dilute.

Place mats on flat surface and let dry completely. If necessary, iron lightly with dry iron to reduce wrinkles.

Laminate at printer, educational store, or office supply store. Trim plastic to extend evenly ¼ in. beyond paper.

For jewelry: Cut desired images from cards. Professionally laminate; trim as above. Glue jewelry findings to backs.

QUARTER-ROUND FRAMES, page 121

Materials: *For each 5×7-in. frame:* 3 ft. ¾-in. quarter-round; 5×7-in. hardboard for back piece; primer; paint; tacks or small nails.

Instructions: Finished size, approximately 6×8 in.

Make ¼×¼-in. rabbet on straight edge of quarter-round. Cut two 8-in. and two 6-in. pieces. Miter all ends; glue into rectangular shape. Prime and paint as desired, painting inside edge a different color than curved edges.

Insert picture; cover back with back piece. Secure with tacks.

PET FRAMES, page 121

Materials: *For dog bone frame:* 8×10-in. acrylic box frame; dog biscuits in various sizes; spray polyurethane; craft glue or hot glue gun; colored mat precut for 5×7-in. picture.

For cat print frame: 8×10-in. precut picture mat; purchased frame to fit mat; rubber stamp in paw-print pattern; stamp pad; paints as desired.

Instructions: *For dog bone frame:* Seal dog biscuits with several coats polyurethane, drying thoroughly between coats.

Place mat in frame. Glue dog biscuits randomly around top and edges of frame, alternating sizes and layering as desired. Use mat opening as a guideline for inner edge. Allow some of mat color to show through.

For cat print frame: Randomly stamp paw prints onto mat. Paint frame as desired. Insert mat and photo into frame.

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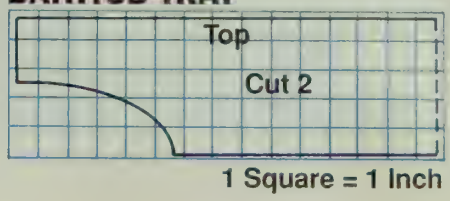
© 1991 Reckitt & Colman Inc.

Enlarge pattern (*below*) to scale (800 percent), flopping on dotted line to make full pattern. Make cardboard template; fit to tub, altering as necessary.

Cut 2 sides from pine; cut two 4¾ × 5-in. end pieces from pine. On inside lower edge of each end piece, equally space marks for 6 dowels. Drill ⅜-in. holes ⅜ in. deep on marks. Glue dowels between 2 end pieces; square up. Glue and nail sides to end-piece assembly; fill nail holes with wood filler.

Coat with exterior oil.

BATHTUB TRAY



BIRD FEEDER, page 123

To order completely assembled Bird Feeder, send check or money order for $49.95 to *Better Homes and Gardens*® Reader Service, Dept. 22F, Box 374, Des Moines, IA 50336, or call 800/678-2672 to order by charge card. Specify Product No. 29123.

Materials: 1 × 8 × 8-ft. piece rough-sawn cedar; ¼ × 3½-in.-long eye bolt with nut; two ¼ × 2½-in.-long eye bolts; nails; ⅛-in.-thick glass or clear acrylic.

Instructions: Finished size, approximately 11 × 14 in. high.

continued on page 134

FRAMED HEIRLOOM DRESS, page 124

Materials: Antique child's dress, doily, doll quilt, or other fabric piece; clear acrylic plastic cut to size; solvent applicator and cement for cementing clear acrylic plastic; medium-grit and fine-grit wet or dry sandpaper; pressure-sensitive paper tape; plastic sawtooth picture hanger.

Instructions: Cut front and back acrylic slightly larger and side pieces slightly deeper than garment so dress will hang freely within box. Side depth on garment shown is approximately ½ in. Cut hanger hook same depth as sides. *Note:* Cutting can often be done where acrylic is purchased.

Sand edges with medium-grit sandpaper, then with fine-grit wet or dry sandpaper. *Note:* Do not polish edges that will later be cemented.

Mark placement of hanger holder on back; glue in place. Brace back piece upright; tape bottom end in place and glue. When dry, turn back piece sideways; tape 1 side in place; glue. Always keep joint being cemented horizontal and let joint dry completely before moving. Continue around until all sides are in place.

Lay dress in place on hanger. For other pieces, secure with double-faced tape. Brace upright; glue top, bottom, and sides as described above. Take care to keep dress free. Glue plastic sawtooth hanger to frame back behind dress.

BATHTUB TRAY, page 123

Materials: 3-ft. piece ½ × 10-in. pine; six 17-in.-long ⅜-in.-diameter birch dowels; exterior glue; exterior oil; 1-in. brads; wood filler.

Instructions: Finished size, approximately 4¾ × 29 in. *Note:* Size and shape of bathtubs vary. Make necessary fitting adjustments before cutting from wood.

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Shown smaller than actual size of 16 inches tall. Complete with miniature "record" and doll stand.

"Peggy Sue"

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November 30, 1991

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"Peggy Sue"

he gym is bright with streamers and alloons. There's a stack of 45s on the hanger, and the kids are ready to ance up a storm. It's "Peggy Sue's" ig night out at the first "sock hop" f the high school year.

"Peggy Sue" was sculpted by oted artist Roger Akers, and cos- umed by renowned designer tephanie Girardi. She's the first oll in *Yearbook Memories*, a porcelain oll collection with true '50s high school pirit.



Quality Craftsmanship in Every Detail

"Peggy Sue" is crafted with head, arms, and egs cast of bisque porcelain, skillfully hand- ainted to capture her perky smile and pretty eatures. Her blue eyes are hand set, her head is ully poseable, and her long blonde pony tail is ied up with a pink chiffon bow.

"Peggy Sue's" outfit is the height of youthful, 50s fashion. Her cardigan sweater is hand-beaded, nd can be removed to show a crisp white blouse vith a lace-trimmed Peter-Pan collar. "Peggy Sue's" elt skirt has a plush poodle applique, accented vith applied rhinestones and tiny satin bows. Under it, she wears a lace-trimmed petticoat for ashionable fullness.

Even "Peggy Sue's" sculpted and "polished" addle shoes are authentic, nd she wears them with culpted, hand-painted "rib- ed" crew socks. As a final ouch, "Peggy Sue" holds a niniature "45 record."

Evaluated against *The Uniform Grading Standards for Dolls* developed by the Ashton-Drake Galleries, "Peggy Sue" has earned the *Standards'* highest rating for artistry and craftsmanship — Premiere Grade.

A Collectible Doll with Investment Potential

The doll you buy today may be a wise investment for the future. Once an edition is sold out, those who want a doll from the edition must pay whatever the market will bear, if and when one becomes available from dealers or at auction. That's why fine collectible dolls often sell for more than their original prices within only a few years of being issued.

Of course, not all dolls increase in value; values can go down. But dolls of superior artistry and craftsmanship—such as "Peggy Sue" and other Premiere Grade dolls—have excellent potential to appreciate.

Bear in mind that "Peggy Sue" is the first issue in an important fashion doll collection, like the exceptional sold-out dolls in the chart below. "Peggy Sue" has similar credentials that make her potential for market success also seem promising.

Recommended and guaranteed by the Ashton-Drake Galleries, "Peggy Sue" can be yours to cherish for only $87.00 — an extraordinary value for a fashion doll of this quality. To order, simply complete and mail the attached Reservation Certificate. But hurry . . ."Peggy Sue" is issued in an exclusive hand-numbered edition, so order today.

Doll	Category of Doll	Edition End	Issue Price	Average Market Value*	Change
"The Glamour of the Gibson Girl"	Fashion	1988	$77	$215	+$138
"The Charm of the Southern Belle"	Fashion	1989	$77	$158	+$81
"Rose, Who is Love"	Fashion	1989	$87	$119	+$32

*Source: April, 1991 survey of registered sales by select leading doll dealers nationwide. Actual resale prices may vary.

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My satisfaction is unconditionally guaranteed. I understand that I may, for any reason, return "Peggy Sue" to the Ashton-Drake Galleries at any time within *one full year* after I receive her for a refund or credit of the full purchase price, including postage.

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*Plus a total of $3.94 home delivery fee and any applicable state sales tax. Please allow 4 to 6 weeks for delivery. Canadian price: $139.00 plus postage and handling and any applicable sales tax.

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10 QUICK GIFTS

continued from page 129

Cut two 6×12-in. pieces of cedar. To form points for roof, cut 45-degree angle off 1 short end of each end piece; save cut-off triangles for roof braces.

On long sides of each end piece, cut grooves for ⅛-in. glass or acrylic sides ⅜ in. back from edges.

Cut two 3½×8-in. pieces from cedar. Cut 45-degree angle down both sides of both pieces. Cut a 1×1×8-in. spacer.

Cut 2 roof halves 7¼×12 in. long. Cut 45-degree angle along 1 long side of both halves.

Nail 3½×8-in. pieces together to form triangle. Center triangle-shaped piece at bottom of ends. Nail 1×1×8-in. spacer down 3 in. from top. Cut 2 bottom pieces from cedar 4⅝×9¾-in.; nail in place.

Assemble roof halves using triangle pieces cut from end piece. Place end braces so they slide easily between two ends of feeder. Place third one in center.

Drill ¼-in. hole in center of roof through center brace. Insert ¼×3½-in. eye bolt; secure with nut. Place roof on feeder. Drill ¼-in. hole 1⅛ in. down from point on each end piece through braces. Insert ¼×2½-in. eye bolts in holes to secure roof to feeder.

Cut ⅛-in.-thick glass or acrylic to fit end grooves. To make openings for seed to come through, cut bottom edge up ¾ in., rounding to bottom of each side.

For tray edge, cut 1½-in.-wide cedar pieces to fit around bottom; nail in place.

ELEPHANT STEP STOOL, page 121

Materials: 20×40-in. piece ½-in.-thick birch plywood; four ¾-in. screws; paints in desired colors; 7½-in.-diameter piece imitation suede cloth or felt; 12 in. heavy yarn; wood staples.

Instructions: Finished size, approximately 12 in. high by 16½ in. long.

Enlarge pattern (*below*) to scale (800 percent). Transfer to plywood. Cut out 2 elephant bodies, one 10-in. square for seat, two ½×1×10-in.-long cleats, and two ½×1×8-in.-long cleats.

Sand and round over edges on bodies and seat. Nail 2 shorter cleats between 2 longer cleats, squaring. Glue cleat square to seat bottom, centering. *Note:* Longer cleats will be positioned at front and back of seat.

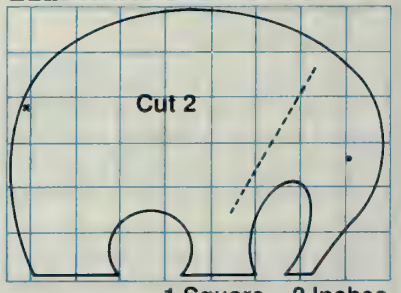
Glue 1 side of seat to inside of 1 elephant body piece, centering between trunk and tail ends and having top of seat 5⅜ in. from top curve of body. Repeat with other body piece, making sure stool is level when standing. Screw each end of shorter cleat to body side.

Prime and paint as desired, sanding between coats. Paint feet black, scalloping along top to define "toes." Paint zigzags as shown on *page 121* or designs such as stripes, polka dots, checks, waves, or circles on inner and outer surfaces of both sides. If desired, paint step a contrasting color.

For ears, cut fabric circle in half. Laying straight edge along line indicated on pattern, staple or tack straight ear edge to elephant. Ear will flop over to front to cover staples.

For tail, cut two 6-in. pieces of yarn; knot each end. Staple to back end of each body piece as marked.

ELEPHANT STEP STOOL



1 Square = 2 Inches

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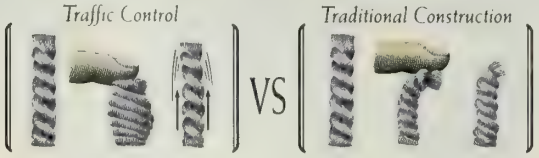
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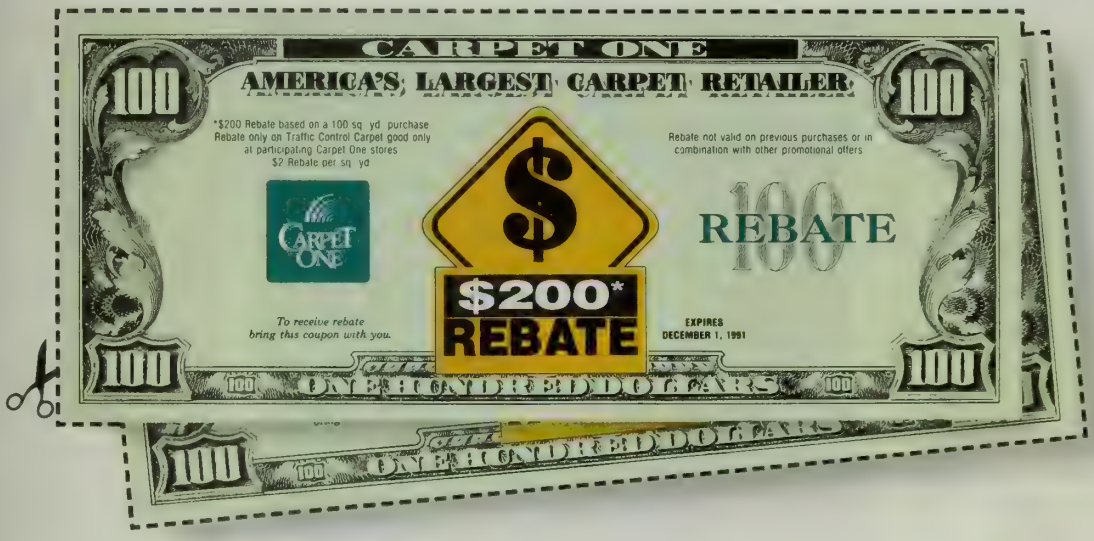
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John Bloeser Carpet Co.-Costa Mesa
Westland Carpet One-Covina
San Diego Carpet Co.-Encinitas
Pacific Decorating Centers-Fountain Valley
Rainbow Carpet-Freedom
United Carpet Company-Fresno
Youngs Interiors-Grass Valley
Gordon's Carpet-Imperial
Artistic Carpets-Lancaster
John Bloeser Carpet Co.-Long Beach
John Bloeser Carpet Co.-Los Angeles
House of Carpets-Modesto
Miller's Carpet One-Monterey
Carpet Factory-N. Hollywood
A & A Carpets-Sacramento
Cinderella Carpets-Salinas
San Diego Carpet Co. (3 locations)-San Diego
Floorcraft-San Francisco
Carpet Suppliers, Inc.-San Gabriel
Carpet Concepts-San Rafael
Cinderella Carpets-San Luis Obispo
San Diego Carpet Co.-San Marcos
Rainbow Carpet-Santa Cruz
World of Carpets-Santa Rosa
Upland Carpets-Upland
Howard's Rug Co.-Ventura
Glines Carpet One-Yuba City

HAWAII
American Carpet & Drapery-Aiea
American Carpet & Drapery (2 locations)-Honolulu
Hawaiian Carpet One-Wailuku, Maui
Hawaiian Carpet One-Lahaina

IDAHO
Contract Floors-Boise
Sunset Interiors-Boise
Skelton's, Inc.-Lewiston

NEVADA
House of Christianson-Carson City
Bell's Carpet One-Las Vegas

OREGON
E.G. Gardner Floor Covering-Eugene
Lippert's Carpet-Grants Pass
G.W. Paulson Co.-Gresham
Lippert's Carpet-Medford
G.W. Paulson Co.-Portland
Columbia River Floorcovering-Rainier
G.W. Paulson Co. (2 locations)-Tigard

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Carpet Giant-Ogden
Carpet Giant-Orem
Carpet Giant-Salt Lake City
Sutton Western Wholesale-Salt Lake City
Carpet Giant-Sandy
Merrill's Carpet & Title-St. George

WASHINGTON
Miller's Interiors-Bellevue
Floor Decorators-Bremerton
Miller's Interiors-Kent
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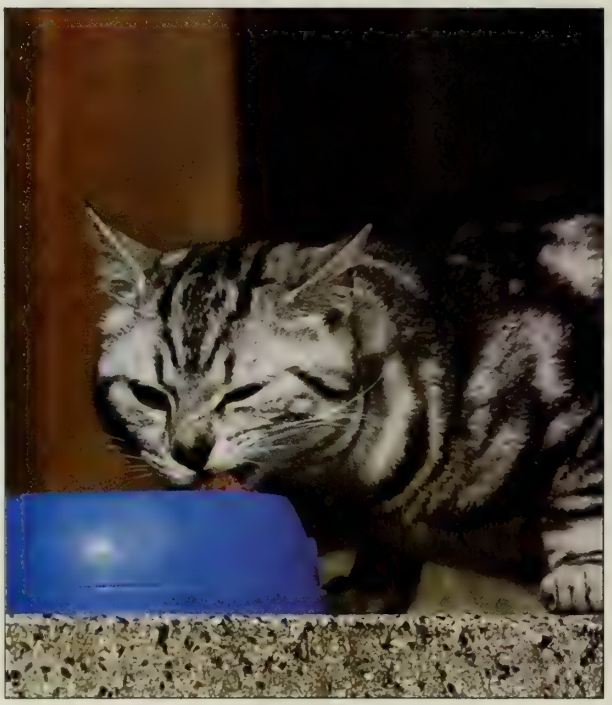
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BY MARK INGEBRETSEN

HEALTHFUL MEALS FOR CATS
Feeding guidelines to keep your feline in perfect shape

Just like people, cats stay healthier when they eat the right foods. A balanced feline diet requires a complex mixture of vitamins, minerals, fats, carbohydrates, and proteins. Nature helps cats in the wild consume balanced meals. The mice, birds, and other prey that outdoor cats feed on contain all the right ingredients.

Indoor cats need our assistance. But all that's required, say experts, is that you choose reputable, name-brand cat foods. Nutritionists create these products to duplicate a feline's natural diet. Then the foods undergo rigorous testing before they reach supermarket shelves.



SUPERSTOCK

Not all indoor cats are finicky eaters.

The nutritional claims you read on cat food packages are subject to review by two impartial organizations: the National Research Council (NRC) and the Association of American Feed Control Officials (AAFCO). Feed your cat nothing but canned, semimoist, or dry cat food, and you can rest assured that your pet will receive the nutrients it needs.

Problems arise when you alter this diet—by feeding a cat table scraps or too many treats, or by relying on one of the following feeding methods.

Tuna and salmon. Some folks feed their cats nothing but tuna and salmon—the canned variety meant for human consumption. Cats especially love these dark-meat fish, to the point that they soon may refuse all other foods. That's the problem. Too much dark-meat fish can cause a vitamin E deficiency, characterized by a dull coat that's greasy to the touch. Commercial cat foods labeled tuna or salmon avoid this problem by adding extra amounts of vitamin E.

FEEDING YOUR CAT

Cats fall into two categories, explains Dr. Bob Hardy, a specialist in cat nutrition at the University of Minnesota: nibblers and gulpers. Nibblers eat small amounts of food throughout the day. They stay lean no matter how much food gets left out for them. Gulpers, who tend to be fat, devour their food the moment it's dished out.

If you own a nibbler, it's OK to leave out a bowl filled with dry food at all times. This food can supplement the meals you dish out at regular times. Owners of gulpers should consider the controlled method. Feed the cat twice a day, and leave the food out for only 20 minutes or so.

An all-fish diet. Untreated fish—the kind you'd buy for your family—contains an enzyme that destroys the thiamine in your cat's system. Cats with too little thiamine can suffer weight loss, convulsions, and neurological disorders. Commercial cat food makers solve the problem by removing the unwanted enzyme.

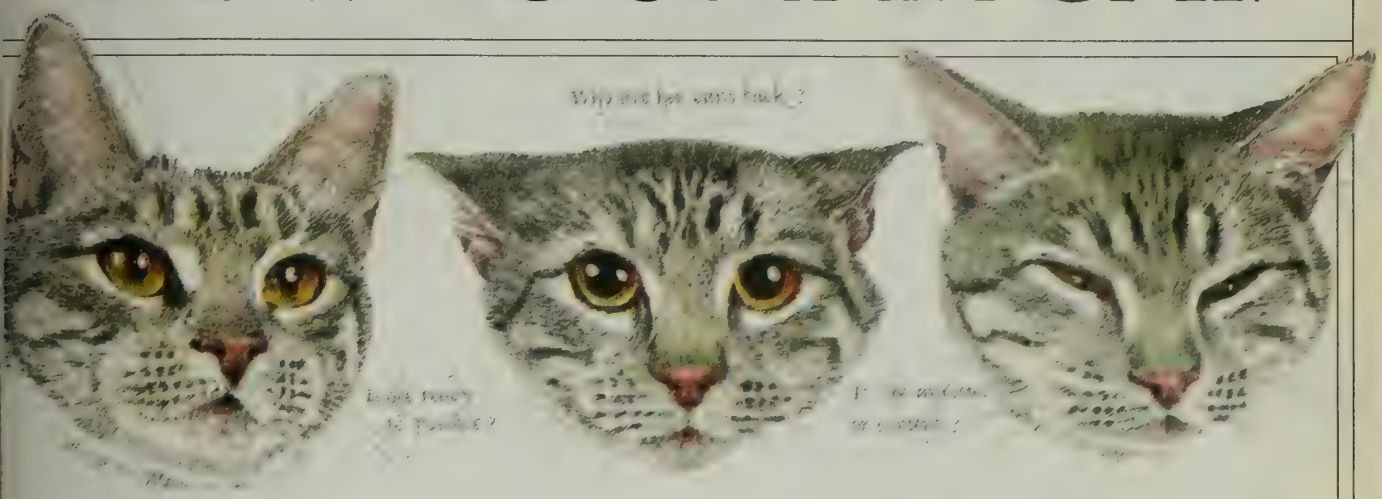
Milk. Cats cease needing milk once they're weaned (around eight weeks of age). After that, an occasional bowl of milk is fine. But too much milk can cause diarrhea. Reason: Most adult cats lack the enzyme needed to digest milk properly.

Home-cooked meals. Some pet owners figure that a fresh wholesome meal they prepare for their cat should be even more nutritious than cat food available at the store. But home-prepared meals may not satisfy all of a cat's vitamin and mineral requirements. Ask a veterinarian before you turn pet chef.

Vitamin and mineral supplements. Cats don't need extra vitamins and minerals if they receive a balanced diet. Supplements sometimes add excessive amounts of certain vitamins and minerals, and can actually pose a health risk. Your veterinarian will tell you if your cat needs supplements.

Generic cat foods. Avoid them, warn experts, because they often come from large commercial food-processing plants, whose main business is people food. The pet foods these plants produce are a sideline, made up of leftovers and by-products. The food may not have been properly tested, meaning there's no guarantee that the needed vitamins and minerals actually get absorbed in your cat's system.

HOW TO SPEAK CAT.



LESSON ONE: START BY READING HER FACE.

When your cat looks at you, what is she saying about her state of mind? An alert cat has erect ears and narrow pupils. A frightened cat's ears flatten and her pupils widen. A relaxed cat shows her pleasure through half-closed eyes.

Your cat has a lot to tell you, but you have to know how to listen. She's capable of at least sixteen different vocalizations.

In multi-cat households, cats talk to each other. But the solitary cat is trying to communicate with you.

Compare the tone of her meow when she's begging for food to the tone she uses when she wants to go outside.

Cats even have a unique meow they use to greet you, just as you have a special call for them.

The best sound of all? Any cat lover will tell you: purring.

LESSON TWO: UNDERSTANDING HER BODY LANGUAGE.

Your cat's skin and coat is beautiful and functional. The looseness of her skin helps her slip from an aggressor's grasp. In fact, the skin on the back of her neck is five times thicker than the rest of her body.

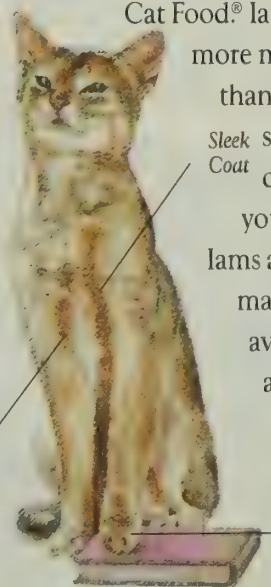
Maintaining a healthy body requires a great deal of protein. And that protein comes from meat.

Remember, cats are carnivores. They're supposed to eat meat. In fact, cats need nearly five times as much meat protein as humans do.

It's one of the most important requirements in their diet.

But the leading supermarket cat food is primarily grain and vegetable products with very little meat. It's not the same and your cat knows it.

That's why cats should eat Iams Cat Food.® Iams contains more meat protein than the leading supermarket cat food. But you won't find Iams at the supermarket. Iams is available only at veterinary offices, pet stores, feed stores and other special places.



So it's really very simple. If you're in the market for the best cat food, get out of the supermarket.

For a free sample, call 1-800-255-4738, Ext. 213



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Katie hates tomatoes. Joey hates anything green. And my husband hates anything new. But they all love your Tuna Mac and Cheese.

Families are very particular!



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Charlie's Tuna Mac and Cheese™

This is a StarKist® family-tested and mother-endorsed tuna recipe, one of several recipes we asked mothers to try in their homes. Their families found it so delicious, even picky kids loved it. Busy mothers really appreciated the short preparation time.

1 (7¼ oz) box Macaroni and Cheese Dinner
1 (12½ oz) can StarKist tuna, drained and chunked
¼ tsp garlic powder (optional)
½ cup shredded cheddar cheese
1 cup frozen green peas
½ cup milk
1 tsp dried Italian seasoning
1 Tbsp grated Parmesan cheese

1. Prepare macaroni and cheese according to package directions.
2. Mix in remaining ingredients, except Parmesan cheese. Pour into a 1½ quart microwaveable serving dish.
3. Cover with plastic wrap and microwave on High for 2 minutes. Stir casserole and continue heating on High for 2½ to 3½ minutes or until cheese is melted and mixture is heated through.
4. Sprinkle with Parmesan cheese.

Preparation time: 20 minutes. Makes 5 to 6 servings.

It's easy! And it just takes 20 minutes to prepare!



BY ANDREA ATKINS



O'Odham Tash

Celebrating Our Heritage

ETHNIC FESTIVALS—FROM TACOS TO TULIPS

The United States is known as a melting pot. But, thank goodness, we haven't all melted. In fact, most Americans cling to their ethnic heritage, celebrating and commemorating it. You don't have to be a member of a group to appreciate its contributions to our culture. At heritage festivals across the nation, you can have just as much fun as a guest. Here are four ethnic gatherings that are especially noteworthy.

O'ODHAM TASH (INDIAN DAYS)

Casa Grande, Arizona
February 13–16

The sounds of beating drums and dancing feet echo through the beautiful southwestern plains to underscore O'Odham (autum) Tash, a celebration of Native American culture and

continued on page 142

Tulip Time, Holland, Michigan





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CELEBRATING OUR HERITAGE

continued from page 141

customs. Indian Days started 25 years ago as a community barbecue to thank the neighboring Tohono O'Odham, Pima, and Maricopa tribes. Since then, it has escalated into a festival that attracts more than 100,000 people to Casa Grande, about halfway between Phoenix and Tucson.

Native Americans from across the U.S. and Canada participate in the four-day powwow and the nation's largest all-Indian rodeo. On Saturday and Sunday, performers, draped in colorful costumes, feathers, and beads, re-create ritual dances used to heal illness, summon rain, encourage bountiful crops, and prepare for war. During the crafts show ($5), hundreds of vendors sell Indian wares, and Hopis carve kachina dolls, used in tribal dancing, from cottonwood.

At the traditional barbecue in Peart Park, meat is shredded, then wrapped and cooked underground for 24 hours. The perfect accompaniment is sold at nearby booths—fried bread, a kind of Indian popover topped with beans, honey, powdered sugar, or other ingredients. Admission is charged for individual events, but none costs more than $7.

P.O. Box 1014, Dept. BHG, Casa Grande, AZ 85222; 602/836-4723.

KUTZTOWN FOLK FESTIVAL

Kutztown, Pennsylvania
June 27–July 5

You won't find windmills in Pennsylvania Dutch country. The area's German descendants were mistakenly called Dutch when early settlers said they were from *Deutschland.*

Every summer folks in this scenic southeastern part of the state celebrate the traditions of the "fancy" Pennsylvania Dutch, the less conservative kinspeople of the Amish, at the Kutztown Folk Festival.

The nine-day celebration draws more than 100,000 people. For an $8 admission, visitors take in any of 20 daily events, from sheepshearing, horseshoeing, and iron working to a country auction.

You can also check out crafts demonstrations and sales of Pennsylvania Dutch hex signs, dolls, stained glass, pewter, and painted furniture. Quilts are a major attraction, with about 1,700 handstitched beauties entered in an annual competition and sold during the festival.



KUTZTOWN FOLK FESTIVAL

Pennsylvania Dutch food, quilts, and crafts highlight the Kutztown Folk Festival.

An all-you-can-eat meal features *Brodewarscht*—German sausage—with onions on a bun, chowchow (a sweet-and-sour vegetable garnish), and apple butter.

461 Vine Lane, Dept. BHG, Kutztown, PA 19530; 800/447-9269.

OLD SPANISH DAYS

Santa Barbara, California
August 5–9

Tempting aromas waft through two Mexican-style markets at Old Spanish Days. Sample *tortas*—beef-filled sandwiches, tacos, enchiladas, *flautas,* tamales, and *churros*—long, skinny doughnuts dipped in cinnamon and sugar. But there's more to this five-day festival than meets the mouth.

Old Spanish Days, which draws about a half-million people, honors the culture of Santa Barbara's original colonists of the 1700s. Wednesday evening's free grand opening, *La Fiesta Pequeña* or Little Fiesta, includes blessings, music, and Spanish dancing outside Santa Barbara's Old Mission. On Thursday, *El Desfile Historico* struts down State Street with costumed dancers and colorful floats.

The crowds thicken on the weekend, but that's when you can visit the Fiesta Arts and Crafts Show on

continued on page 144



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CELEBRATING OUR HERITAGE

continued from page 142

Cabrillo Boulevard and State Street. All items are handmade.

Starting Thursday and continuing nightly, spectators settle in behind the Santa Barbara courthouse for *Noches de Ronda.* This free variety show features Spanish flamenco dancers, Mexican folkloric dancers, and vocalists.

Other popular events include Saturday's children's parade and a professional circuit rodeo ($7–$12).

1122 N. Milpas St., Dept. BHG, Santa Barbara, CA 93103; 805/962-8101.

TULIP TIME

Holland, Michigan
May 6–16

An estimated 75 percent of the population owns wooden shoes in Holland, Michigan, which has made a business out of its Dutch heritage. Although you can get a feel for the town's ethnicity throughout the year, at Tulip Time hundreds of locals dressed in Dutch costumes greet visitors, and a dozen musical and variety shows venerate Dutch culture.

Festivities for the 11-day celebration include a traditional Volks Parade. After officials declare the streets unclean by Dutch standards, thousands of people arrive, dressed in Dutch costumes and armed with buckets and mops.

There's a Children's Parade on Thursday with Dutch floats and another on Saturday, featuring 50 bands and floats decorated with live tulips.



GAIL GAONA

Folkloric dancers from Jalisco, Mexico, perform during California's Old Spanish Days.

You'll also want to catch the 1,700 Dutch dancers who perform *klompen* (wooden shoe) dancing every day in the streets. Under careful supervision from town elders, the dances and costumes are guaranteed 100-percent authentic. Other musical events and heritage performances go on throughout the festival. Most activities are free, but certain concerts and presentations charge nominal admissions.

Holland's Dutch architecture adds to the authentic feel of the festival, as does the presence of De Zwaan, the windmill imported 25 years ago. It's the centerpiece of Windmill Island, where children can ride an old Dutch carousel for free.

While in Holland, stop at a bakery for some famous Dutch letters, a pastry filled with delicious almond paste.

171 Lincoln Ave., Dept. BHG, Holland, MI 49423; 800/822-2770 (outside Michigan) or 616/396-4221.



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Most of the products shown editorially in *Better Homes and Gardens*® magazine can be obtained locally. For further information, write the manufacturers listed below. Some privately owned or custom-made items are omitted from the product listing.

COMFORT NEVER LOOKED SO GOOD

Page 77: Floral armchair—Expressions. P.O. Box 6018, Metairie, LA 70002.
Pages 78–79: Dog Box—Tammy Crenshaw for Best of Vermont, P.O. Box 775, Stowe, VT 05672. **Tall chest**—Ron Fisher's American Furniture, P.O. Box 1208, Marshalltown, IA 50158. **Wallcoverings,** "Palace Stripe," Cantebury Simply Stripes Collection—Fashon Wallcoverings, Div. of GenCorp., 3 University Plaza, Hackensack, NJ 07601. **Fabrics,** "Dots & Stripes Collection"—Covington Fabrics Corp., 267 Fifth Ave., New York, NY 10016. **Armoire design**—Theresa Disney, 7636 Carswold, Clayton, MO 63105. **Ottoman**—Thayer-Coggin, Inc., 230 South Rd., P.O. Box 5867, High Point, NC 27262. **Lace curtains**—Rue de France, 78 Thames St., Newport, RI 02840.
Pages 80–81: Poster, "Good Morning"—Poster Originals, Ltd., 300 Hudson St., New York, NY 10013. **Unfinished mirror**—Sears Catalog; 800/366-3000. **Love seat,** "The Old Country Collection"—Broyhill Furniture Ind., Broyhill Park, Lenoir, NC 28633. **Fabrics, wallcoverings,** "Farmhouse in Provence"—Victoria Morland for Raintree Designs, The Tilling Collection, 5805 Sunset Dr., Miami, FL 33143; 800/243-1822. **Braided rug**—Capel, Inc., 831 N. Main St., Troy, NC 27371. **Lace curtains**—Rue de France (address above). **Small table design**—Theresa Disney (address above). **Wall sconce**—Artemide, 1980 New Highway, Farmingdale, NY 11735.
Pages 82–83: Chair with plaid cushion, ottoman, "The Big Easy"—Garden Source, 45 Bennett St., Atlanta, GA 30309. **Roses rug**—The Home Book; 800/331-2300. **Twig planter**—The Appalachian Store, P.O. Box 2346, Blowing Rock, NC 28605. **Armchair**—Old Hickory Furniture Co., 403 South Noble St., Shelbyville, IN 46176; 800/232-BARK. **Printed sofa pillow fabric,** "Newcastle"—Waverly Fabrics, 79 Madison Ave., New York, NY 10016. **Pine flooring**—Boen Flooring, Rt. 5, Box 640, Bassett, VA 24055. **Sofa,** "Hanover"—Ralph Lauren, 1185 Ave. of the Americas, New York, NY 10036. **Sofa fabric,** "Pecos"—Greeff Fabrics, Inc., 150 Midland Ave., Port Chester, NY 10573; 800/223-0357.
Pages 84–85: Windsor chair, "Chinese Red"—Habersham Plantation, P.O. Box 1209, Toccoa, GA 30577; 800/241-0716. **Dinnerware,** "Colorways"—The Home Book; 800/331-2300. **Wallcoverings, fabrics**—Waverly (address above). **Teapot**—Lyndt-Stymeist, 6231 Hollis St., Emeryville, CA 94608. **Pink/white dinnerware**—Bennington Potters, 324 Country St., Bennington, VT 05201.
Page 86: Shower enclosure—Alumax-Magnolia Div., P.O. Box 40, Magnolia, AR 71753. **Faucets, fittings**—Artistic Brass, 4100 Ardmore Ave., South Gate, CA 90280. **Lighting**—Lightolier/Genlyt, 100 Lighting Way, Secaucus, NJ 07096-1508. **Lace curtains**—Rue de France, (address above). **Fish wagons**—Giety Design, 1237 Muir Ave., Chico, CA 95926. **Towel bars**—French Pacific Trading Corp., 10792 Lower Azusa Rd., El Monte, CA 91731.

HOME IMPROVEMENT CONTEST WINNERS

Pages 92–93: Insulation—Owens-Corning Fiberglas, Fiberglas Tower, Toledo, OH 43659. **Windows**—Pella/Rolscreen, 102 Main St., Pella, IA 50219. **Entry door**—Peachtree Windows & Doors, P.O. Box 5700, Norcross, GA 30091. **Roof shingles**—Elk Corp., 14643 Dallas Pkwy., Suite 1000, Dallas, TX 75240. **Wood shingles**—Shakertown Corp., 1200 Kerron St., P.O. Box 400, Winlock, WA 98596; 800/426-8970. **Wood stain,** "Charcoal" (Castle Gray/Heritage Gray mix)—Cuprinol Solid Stain, 101 Prospect Ave., Cleveland, OH 44115.
Pages 94–95: Windows—Pella/Rolscreen (address above). **Chairs**—ICF, The Washington Design Center, 300 D St., SW, Washington, DC 20024. **Pottery on table**—Bennington Pottery, 324 Country St., Bennington, VT 05201. **Tile floor**—American Olean Tile Co., 1000 Cannon Ave., Lansdale, PA 19446. **Countertop**—Wilsonart, 600 General Bruce Dr., Temple, TX 76504. **Platter on kitchen island, napkin rings**—Nambe of Sante Fe, 127 Filer Rd., Santa Fe, NM 87501. **Sink**—Kohler Co., Kohler, WI 53044; 800/772-1814. **Dishwasher, range**—KitchenAid, Inc., 701 Main St., St. Joseph, MI 49085-1392; 800/422-1230. **Microwave**—Kenmore/Sears, Sears Tower, Chicago, IL 60684. **Range hood**—Dacor, 950 S. Raymond Ave., Pasadena, CA 91105. **Cabinets**—Quaker Maid, WCI Cabinet Group, Rte. 61, Leesport, PA 19533. **Lights**—Lightolier, Inc., 100 Lighting Way, Secaucus, NJ 07094. **Paint,** "Vapor" E-Z Kare latex—True Value Hardware, Chicago National Headquarters, 2740 Cliborn Ave., Chicago, IL 60614.
Page 96 (*top*): Ceramic tile—American Olean Co. (address above). **Sink, faucets**—Kohler Co. (address above). **Lights**—Lightolier, Inc. (address above). **(*Bottom*): Ceiling fan**—Casablanca Fan Co., 64 E. Colorado Blvd., Pasadena, CA 91109. **Paint,** "String," E-Z Kare latex—True Value Hardware (address above). **Couch**—Scan Contemporary Furnishings, 1407 York Rd., Lutherville, MD 21093. **Pillows on couch**—Pier 1 Imports, P.O. Box 961020, Fort Worth, TX 76161-



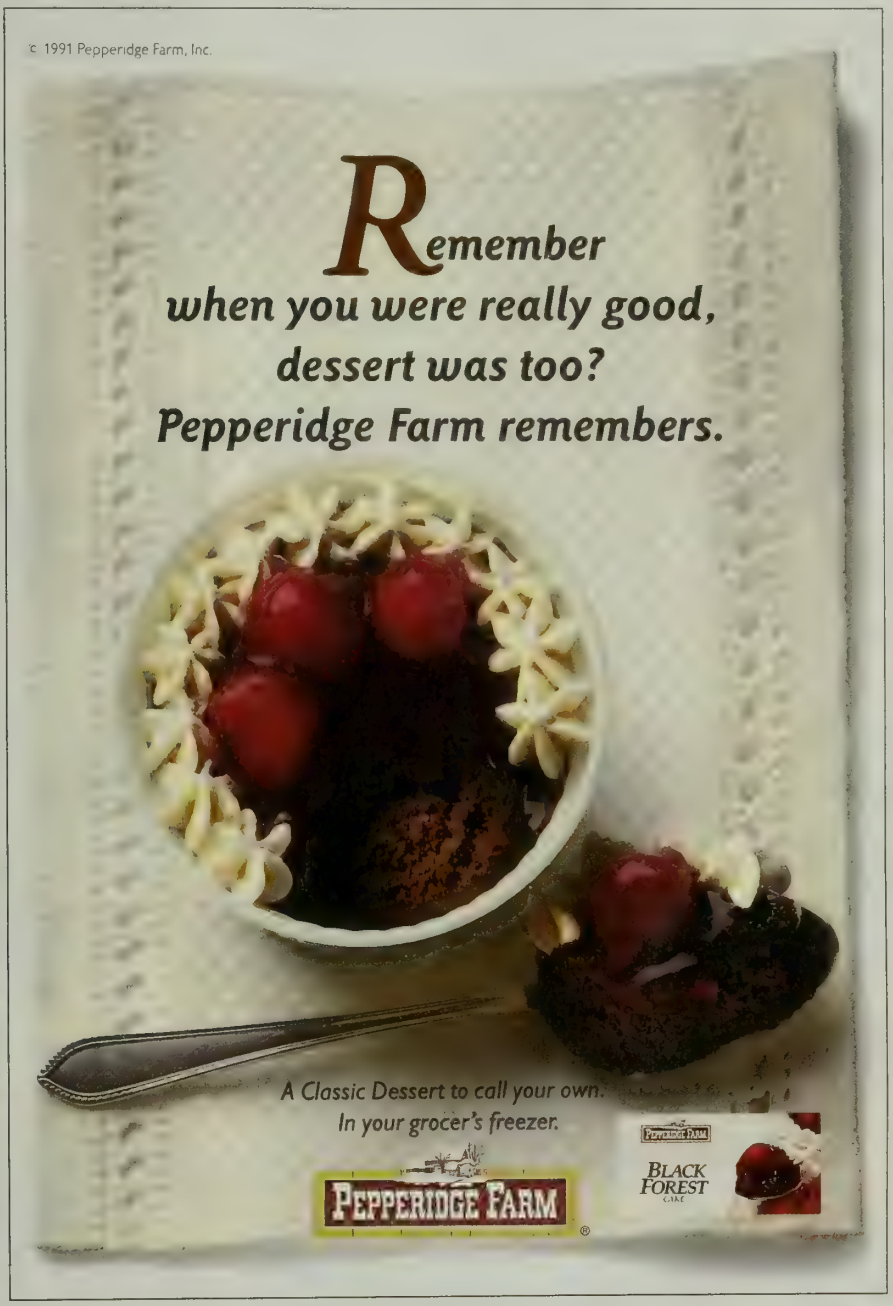
0020. **Fireplace**—Majestic, 1000 E. Market St., Huntington, IN 46750; 800/962-3123. **Oil painting over fireplace**—Roxanne Weidele, Church St., Galesville, MD 20765. **Hand-made paper sculptures**—Merrilyne Hendrickson, 917 Creek Dr., Annapolis, MD 21403. **Area rug**—Alex Cooper Oriental Rugs, 908 York Rd., Towson, MD 21204. **Window**—Pella/Rolscreen (address above). **Lights**—Lightolier, Inc. (address above).

Page 98: Metal spiral stairs, wood stair steps—Duvinage Corp., P.O. Box 828, Hagerstown, MD 21741; 800/541-2645. **Hardwood floor**—Bruce Hardwood Floors, 16805 Dallas Pkwy., Dallas, TX 75248. **Windows**—Pella/Rolscreen (address above).

Pages 100–101: Exterior, interior doors—Morgan Products, Ltd., P.O. Box 2446, 601 Oregon St., Oshkosh, WI 54903-2446. **Windows**—Pella/Rolscreen (address above). **Exterior, interior paint**—Duron Paint, 10406 Tucker St., Beltsville, MD 20705. **Floral print fabric**—G Streets Fabrics, Mail Order Dept., 12240 Wilkins Ave., Rockville, MD 20852; 800/333-9191. **Sheets**—Laura Ashley, Inc., 714 Madison Ave., New York, NY 10021. **Recessed lights**—Progress Lighting, Erie Ave. & G St., P.O. Box 12701, Philadelphia, PA 19134. **Cabinets**—Quaker Maid (address above). **Sink**—Kohler Co. (address above). **Bed frame**—Niermann Weeks Co., 2152 Renard Ct., Annapolis, MD 21401. **Skylights**—Velux-America, Inc. (address above). **Columns**—Somerset Door & Column Co., S. Edgewood Ave., Somerset, PA 15501. **Striped chair**—Bernhardt Furniture, P.O. Box 740, Lenoire, NC 28645.

Page 102: Tub, toilet, sink—Kohler Co. (address above). **Cabinets**—Quaker Maid (address above). **Shower door, mirrors**—Potomac Glass, 13220 Wisteria Dr., N11-12, Germantown, MD 20874. **Recessed lights**—Progress Lighting (address above). **Windows**—Pella/Rolscreen (address above).

Pages 104–105: Track lights—Juno Lighting, Inc., 2001 Mount Prospect Rd., Des Plaines, IL 60018; 800/323-5068. **Hanging light fixture,** M600—GEC Canada Ltd., 5112 Timberlane Blvd., Mississauga, Ontario L4W 2S5 Canada. **Ceramic tile**—Hastings Tile & Bango Collection, 30 Commercial St., Freeport, NY 11520. **Sink, countertop**—Du Pont Corian, Solid Surface Products, Du Pont Co., Room G50990, Wilmington, DE 19898. **Windows**—Andersen Corp., P.O. Box 12, Bayport, MN 55003. **Laminate cabinets**—Kitchen Plus, 31815 W. Eight Mile Dr., Livonia, MI 48152. **Microwave, refrigerator**—Amana Refrigeration, Inc., Amana, IA 52204. **Oven, cooktop**—Frigidaire/WCI, 6000 Perimeter Dr., Dublin, OH 43017. **Faucet**—Delta Faucet Co., 55 E. 111th St., Indianapolis, IN 46280. **Toaster**—Rowenta, Inc., Div. of Chicago Pacific, 281 Albany St., Cambridge, MA 02139. **Coffeemaker**—Braun, Inc., 66 Broadway, Rte. 1, Lynnfield, MA 01940; 800/BRAUN11. **Paint**—PPG Ind., Inc., Pittsburgh Paint, One PPG Place, Pittsburgh, PA 15272. **Bar stools, dining room chairs, dining room table, dining room rug,** "Ege/Denmark"—Englander's, 1310 Academy, Ferndale, MI 48220.



Pages 106–107: Ceiling fan, "Summer Breezin"—Hunter Fan Co., 2500 Frisco Ave., Memphis, TN 38114. **Lamps,** "Eurolite Collection"—Catalina Lighting, Inc., 6073 NW. 167th St., Miami, FL 33015. **Skylight**—Velux-America, Inc., P.O. Box 3268, Greenwood, SC 29648. **Paint**—Devoe & Raynolds Co., 4000 Dupont Cr., Louisville, KY 40207; 800/654-2616. **Skylight shade**—Pier 1 Imports (address above). **Built-ins**—Haupert Construction, 1524 Miami, South Bend, IN 46613.

Pages 108–109 (*center left*): Built-ins—Haupert Construction (address above). **(*Center right*): Toilet**—Elkay Mfg. Co., 2222 Camden Ct., Oak Brook, IL 60521. **Ceramic tile**—American Olean Tile Co. (address above). **Paint**—Devoe & Raynolds Co. (address above). **Shower fixtures**—Delta Faucet Co. (address above). **Shower door**—Showerite Corp., 7519 S. Greenwood, Chicago, IL 60619. **Glass block**—PPG Ind., Inc., One PPG Place, Pittsburgh, PA 15272. **(*Bottom left*): Skylight**—Velux-America, Inc. (address above). **Shade on skylight**—Pier 1 Imports (address above). **Paint**—Devoe & Raynolds Co. (address above). **(*Bottom right*): Cabinets**—Merillat Ind., Inc., P.O. Box 1946, Adrian, MI 49221. **Cabinet pulls**—Amerock Corp., 4000 Auburn St., P.O. Box 7018, Rockford, IL 61125-7018. **Towels**—Martex, Div. of West Point Pepperell, 1221 Sixth Ave., New York, NY 10020. **Window shade**—Pier 1 Imports (address above). **Paint**—Devoe & Raynolds Co. (address above). **Sink**—Du Pont Corian (address above). **Ceramic floor tiles**—American Olean Tile Co. (address above).

Page 110: Swimming pool, spa—Pools by Max, 245 Hwy. 17-92 North, Longwood, FL 32750. **Gazebo**—Tim Priegel, Leap of Faith Farm, 17 Rights Cove Rd., Fairview (Ashville), NC 28730.

Page 112: Insulation—Owens-Corning Fiberglas, Fiberglas Tower, Toledo, OH 43659. **Paint**—Benjamin Moore Co., 51 Chestnut Ridge Rd., Montvale, NJ 07645. **Windows**—Caradco Co., 201 Evans Dr., Box 920, Rantoul, IL 61866. **Skylight**—Velux-America, Inc., P.O. Box 3268, Greenwood, SC 29648. **Custom columns**—Lindway Remodeling and Construction Co., Inc., 10018 Colfax Ave., S, Bloomington, MN 55431.

Page 114: Skylight—Velux-America, Inc. (address above). **Tile on shower floor**—Dal-Tile Corp., 7834 Hawn Freeway, Dallas, TX 75217; 800/527-1249. **Floor tile**—Color Tile, P.O. Box 2475, Ft. Worth, TX 76113. **Tile on platform, walls**—Florida Tile, P.O. Box 447, Lakeland, FL 33802; 800/352-8453. **Sizzle stick tile**—American Olean Tile Co. (address above). **Glass block**—PPG Ind., Inc., (address above). **Tub, waterfall spout**—Jacuzzi Whirlpool Bath, 100 N. Wiget Ln., Drawer J, Walnut Creek, CA 94596; 800/227-0710. **Hot, cold water hardware, sinks, faucets, toilet, bidet, shower fixtures**—Kohler Co., Kohler, WI 53044. **Towels,** "Luxor Pima"—Martex, Div. of West Point Pepperell, 1221 Sixth Ave., New York, NY 10020. **Ironing board**—Hafele America Co., 3901 Cheyenne Dr., P.O. Box 4000, Archdale, NC 27263. **Iron**—Black & Decker (U.S.), Inc., 10 N. Park Dr., Hunt

continued on page 148

continued from page 147

Valley, MD 21030. **Custom cabinets**—Lemon's Cabinet Shop, 10680 Old Burleson Rd., Ft. Worth, TX 76101. **Countertop**—Du Pont Corian, Solid Surface Products (address above). **Recessed lights, lights on makeup mirror**—Progress Lighting (address above). **Plantation shutters**—Shutter Shop Custom Shutters, P.O. Box 179, Weatherford, TX 76086. **Paint**—The Glidden Co., 925 Euclid Ave., Cleveland, OH 44115.

QUICK GIFTS

Page 121: Cat paw print stamp—Bankers Rubber Stamp, Inc., Box 1705, Des Moines, IA 50306, 515/243-2535. **Paint for frames, elephant step stool**—Sherwin-Williams, contact your local Sherwin-Williams dealer. **Page 123: Toiletries in bath tray**—Crabtree & Evelyn, P.O. Box 167, Woodstock, CT 06281-9990, 800/253-1519. **Towels,** "Silver Shadow"—Springmaid, 787 7th Ave., New York, NY 10019. **Plate**—Present Concepts, 3101 Ingersoll Ave., Des Moines, IA 50312. **Spoon,** "City Scape"—Oneida Silversmiths, Oneida Ltd., Oneida, NY 13421.

Page 124: Oval mirrors—Mangelsens, P.O. Box 3314, Omaha, NE 68103. **Cement solvent for acrylic plastic frame**—Van Horn Plastics, Inc., 8165 University Blvd., Clive, IA 50325. **Beanbag doll hair (colored wire)**—contact your ocal Tru-Valu Hardware Stores.

SWEET SENSATIONS

Page 153: Glasses—Manhattan Line, Union Street Glass, 2690 Union St., Oakland, CA 94607. **Plate stack,** "Natchez Shell"—Mottahedeh & Co., Inc., 225 Fifth Ave., New York, NY 10010. **Cake plate**—New Glass Gallery, 345 West Broadway, New York, NY 10013. **Tablecloth,** "Damask Cotton"—Bebe Winkler, available at E. Braun, 717 Madison Ave., New York, NY 10021.

Pages 154–155 *(left)*: Glasses and cake plate—New Glass Gallery, 345 West Broadway, New York, NY 10010. **Pie plate,** "Evesham Gold"—The Royal China & Porcelain Companies, 1265 Glen Ave., Moorestown, NJ 08057-0912. **Stack of plates**—Mottahedeh & Co., Inc., 225 Fifth Ave., New York, NY 10010. **Tapestry background**—St. Remy, 818 Lexington Ave., New York, NY 10021. ***(Right)*: Table linen**—Anichini, Inc., available at E. Braun, 717 Madison Ave., New York, NY 10021.

Pages 156–157: Napkin and platter—Frank Mcintosh Collection, Henri Bendel, 712 Fifth Ave., New York, NY 10019. **Wire pie server**—Mondo Round Traig, Mottura, P.O. Box 2588, San Francisco, CA 94083. **Pie plate**—Pyrex, Corning Glass Works, Corning, NY 14830. **Tablecloth,** "Damask Cotton"—Bebe Winkler, available at E. Braun, 717 Madison Ave., New York, NY 10021.

Pages 160–161: Cookie cutters—Better Homes and Gardens, Dept. 26A, Box 374, Des Moines, IA 50336. **Napkin**—Frank McIntosh Collection, Henry Bendel, 717 Madison Ave., New York, NY 10021.

Page 162: Platter, plate, cup, and saucer, "Greenleaf" Berkshire Collection—Wedgwood USA, Inc., 41 Madison Ave., New York, NY 10010. **Table linen**—Anichini, Inc., available at E. Braun, 717 Madison Ave., New York, NY 10021. **Napkin**—Frank McIntosh Collection, Henri Bendel, 717 Madison Ave., New York, NY 10021.

PRIZE TESTED RECIPES®

Page 195 *(left)*: Fork, "Dakota"—Yamazaki Tableware, Inc., 150 North St., Teterboro, NJ 07608. **Plate,** "Roman Antique"—Annieglass Studio, 303 Potrero #8, Santa Cruz, CA 95060. **Glass,** "Troy"—Noritake, 41 Madison Ave., New York, NY 10010.

Page 196 *(left)*: Plate, "Carine"—Durand International, Wade Blvd., Millville, NJ 08332.

***(Right)*: Casserole,** "Cavalier"—Villeroy & Boch (USA), Inc., I-80 at New Maple Ave., Pine Brook, NJ 07058. **Spoon,** "Byzantine Gold Accent"—Yamazaki Tableware, Inc., 150 North St., Teterboro, NJ 07608. **Glasses,** "Angelique"—Durand International, Wade Blvd., Millville, NJ 08332.

DIRECTORY OF ARCHITECTS, DESIGNERS

HOME IMPROVEMENT CONTEST WINNERS

Pages 92–98: Architect—Scott Rand, 917 Creek Dr., Annapolis, MD 21403.

Pages 100–102: Architect—Stephen L. Parker, Grimm & Parker, 4061 Powder Mill Rd., Calverton, MD 20705.

Pages 104–105: Builder—Michael Mehr, 340 Wren Ln., Holland, MI 49423.

Pages 106–109: Architect—Robert Arthur, Sasaki Assoc., Inc., 64 Pleasant St., Watertown, MA 02172.

Page 110: Landscape architect—Tim Priegel, Leap of Faith Farm, 17 Rights Cove Rd., Fairview (Ashville), NC 28730.

Page 112: Architect—Nordblom and Assoc., Inc., 486 Tamarack Ave., Long Lake, MN 55356. **Contractor**—Lindway Remodeling and Construction Co., Inc., 10018 Colfax Ave., S, Bloomington, MN 55431.

Page 114: Bath designer/contractor—Beth Stribling, CKD, Kitchen Planners, 3300 Airport Freeway, Ft. Worth, TX 76111.

10 QUICK GIFTS

Page 121: Pet frames, elephant step stool, quarter-round frames.

Page 123: Laminated jewelry—Jil Severson. **Bathtub tray**—Kathy Moore. **Laminated place mats**—Brad Hong. **Bird feeder**—Ron Hawbaker.

Page 124: Framed heirloom dress—Jil Severson. **Funny-face mirrors**—Jil Severson & Phyllis Dunstan. **Beanbag dolls**—Phyllis Dunstan.

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ORANGE-CREAM CHEESE FROSTING

This smooth, citrus-flavored frosting complements white or carrot cake—

2 3-oz. pkg. cream cheese
½ cup margarine *or* butter
¼ cup frozen orange juice concentrate
4½ cups sifted powdered sugar
Sugar Stencil

Allow cream cheese and margarine or butter to soften. In a mixer bowl beat cream cheese and margarine with an electric mixer till fluffy. Add juice concentrate; beat till combined.

Gradually add *2 cups* of the powdered sugar. Gradually beat in enough remaining sugar to make frosting of spreading consistency.

Frost cake. Decorate with sugar stencil, if desired. Store cake, covered, in the refrigerator. Makes 3 cups (enough for two 9-inch round cakes).

Sugar Stencil: Mix ¼ cup *sugar* with 2 to 3 drops *orange food coloring* (combine red and yellow). Lay a paper stencil atop the cake. Press sugar generously into the open pattern. Remove the stencil. Serve cake immediately.

Nutrition information per tablespoon: *68 cal. (41% from fat), 3 g fat, 4 mg chol., 10 g carbo., 33 mg sodium.*

BAVARIAN MINT FROSTING

Anyone who loves mint will enjoy this frosting spread atop a chocolate cake—

1 10-oz. pkg. semisweet mint-flavored chocolate pieces
¼ cup margarine *or* butter
¾ cup dairy sour cream
3¾ cups sifted powdered sugar
Mint Chocolate Curls (optional)

In a heavy saucepan heat chocolate and margarine over low heat till melted. Transfer to a mixer bowl; cool 5 minutes. Stir in sour cream. Add sugar, beating with electric mixer till frosting is of spreading consistency.

Frost cake. Decorate with chocolate curls, if desired. Store cake, covered, in the refrigerator. Makes 3 cups (enough for two 9-inch round cakes).

Mint Chocolate Curls: Draw a vegetable peeler across the side of a *layered chocolate-mint candy.* (Candy should be at room temperature.) To avoid breaking curls, insert a wooden pick through curl and transfer to cake.

Nutrition information per tablespoon: *76 cal. (42% from fat), 4 g fat, 2 mg chol., 11 g carbo., 14 mg sodium.*

CHOCOLATE-PEANUT-BUTTER FROSTING

Chocolate cake slathered with chocolate and peanut butter frosting—yum!

4¾ cups sifted powdered sugar (1 lb.)
½ cup unsweetened cocoa powder
½ cup creamy peanut butter



Gently swirl creamy peanut butter onto the frosted cake top.

1 tsp. vanilla
Peanut Butter Swirls (optional)

In a mixer bowl combine sugar, cocoa, ⅔ cup *boiling water,* peanut butter, and vanilla. Beat with an electric mixer till combined. Cool 30 minutes.

Frost cake. Decorate with peanut butter, if desired. Makes 2½ cups (enough for two 9-inch round cakes or one 13x9-inch cake).

Peanut Butter Swirls: Drop *creamy peanut butter* from a spoon atop the cake. Use a spatula to swirl the peanut butter into the frosting, wiping spatula between swirls (see how-to, above).

Nutrition information per tablespoon: *67 cal. (23% from fat), 2 g fat, 0 mg chol., 1 g pro., 13 g carbo., 16 mg sodium.*

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EXTRA EASY ONE-DISH MEALS



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Add a crusty bread and your meal is complete.

EASY OSSO BUCO

We used several store-bought seasonings to simplify this variation of classic osso buco, braised veal shanks prepared with wine and tomatoes—

2 to 2½ lbs. veal shanks, cut into 2½-inch pieces
Lemon pepper
2 Tbsp. all-purpose flour
2 Tbsp. cooking oil
1 14½-oz. can tomatoes
1 cup frozen chopped onion
½ cup water
¼ cup dry white wine
2 Tbsp. mixed vegetable flakes
¼ tsp. dried finely shredded orange peel
½ tsp. instant beef bouillon granules
½ tsp. Italian seasoning, crushed
⅛ tsp. dried minced garlic
2 to 3 cups hot cooked rice
1 tsp. dried parsley flakes

Sprinkle veal with lemon pepper and *salt.* Coat lightly with flour, shaking off excess. In Dutch oven brown veal in hot oil. Drain off fat. Add *undrained* tomatoes, onion, water, wine, vegetable flakes, orange peel, bouillon granules, Italian seasoning, garlic, and dash *pepper.* Bring to boiling; reduce heat. Cover; simmer 50 to 60 minutes or till tender.

Remove meat. Cover and keep warm. Boil broth mixture gently, uncovered, about 10 minutes or till of desired consistency. Toss rice with parsley flakes. Arrange meat on rice. Spoon broth mixture over meat; pass remainder. Serves 6.

Nutrition information per serving: *259 cal., 14 g pro., 26 g carbo., 10 g fat, 40 mg chol., 184 mg sodium, 2 g dietary fiber. U.S. RDA: 16% vit. C, 12% thiamine, 20% niacin, 16% iron, and 11% phosphorus.*

PORK AND MUSHROOM STEW

How simple! Purchased frozen onions with cream sauce contribute to the rich sauce—

1 lb. boneless pork, cut into 1-inch cubes
2 Tbsp. margarine *or* butter
1 10¾-oz. can condensed chicken broth
¼ cup dry white wine
1 Tbsp. dried parsley flakes
¼ tsp. garlic powder
¼ tsp. dried thyme, crushed
⅛ tsp. pepper
1 bay leaf
1 10-oz. package frozen onions with cream sauce
1 10-oz. package frozen tiny whole carrots
1 4-oz. can whole mushrooms, drained
¼ cup all-purpose flour
½ cup cold water
1 Tbsp. lemon juice

In a 3-quart saucepan brown pork, *half* at a time, in hot margarine or butter. Return all meat to pan. Stir in the broth, wine, parsley flakes, garlic powder, thyme, pepper, and bay leaf. Bring to boiling; reduce heat. Cover and simmer 40 minutes, stirring occasionally.

Add the onions with cream sauce, carrots, and mushrooms. Return mixture to boiling. Reduce heat; cover and simmer for 15 minutes more or till the vegetables are crisp-tender. Remove bay leaf. Combine flour and cold water; add to stew with lemon juice. Cook and stir till thickened and bubbly. Cook and stir 1 minute more. Makes 4 servings.

Nutrition information per serving: *425 cal., 28 g pro., 24 g carbo., 23 g fat, 71 mg chol., 1,039 mg sodium, 6 g dietary fiber. U.S. RDA: 171% vit. A, 15% vit. C, 75% thiamine, 44% riboflavin, 58% niacin, 14% iron.*

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FOOD FILLIPS

Fan cut whole baked vegetables for a pretty and simple way to serve an ordinary side dish. For example, thinly slice a baking potato, making sure that the potato is still intact at one end. Lay potato on baking sheet, fanning out slices. Brush potato liberally with margarine, butter, or cooking oil while baking to keep moist and crisp. This can also be done with baby carrots and unpeeled small zucchini.

Belgian endive leaves elegantly cradle cooked vegetables such as sliced carrots, baby corn on the cob, or sweet peas. For four to six servings, buy just one head of the cone-shaped vegetable; trim one-half inch off the stem end. Separate into leaves and place two or three Belgian endive leaves on each dinner plate. Arrange cooked vegetables over leaves. Finish with a small sprig of parsley or any fresh herb.

Lemon rings neatly corral vegetables such as steamed green beans or stalks of broccoli. Thinly slice a lemon, then use a small knife to slice out the centers, leaving just a ring of peel. Slip rings over small clusters of vegetables.

Individual rice or stuffing molds are an attractive alternative to the usual spoon-style method of serving these foods. Just after your rice or stuffing is cooked, press the food into small buttered molds for about 30 seconds; then unmold onto a platter or dinner plates. Top each molded mound of rice or stuffing with a few pieces of sliced green onion and strips of pimiento.

Colorful winter squash shells form nifty containers for cooked vegetables, mashed potatoes, or poultry stuffing. Use smaller squash, like Jack-be-little, acorn, golden nugget, or a small kabocha or buttercup squash. Bake squash just until tender, then scoop out the seeds. Use the center cavity to hold your vegetables. If necessary, trim a thin slice off the bottom squash half so it sits flat on a plate.

Artichoke leaves fringe platters, vegetable dishes, or salads easily. Cook artichokes, then cool and pull off leaves. Use to line bowls or platters as you would lettuce leaves.

Kumquat flowers add bright color to a turkey platter or the top of a pumpkin pie. Make flowers from kumquats packed in syrup by cutting a deep X in one end of each fruit with a knife; rotate fruit and cut another X through the first cut. Place fruit in ice water for 30 minutes to allow the flowers to open slightly. Then gently separate petals with your fingers.

Candied violets decorate desserts just as fresh mint does, yet the violets know no season. Arrange a few of these candied bits of violets on individual servings of mousse or ice cream, on a custard pie, or atop mounds of whipped cream on any fruit dessert. Purchase candied violets at gourmet or candy shops.

A slice of starfruit slips easily over the rim of a wine or champagne glass for a classy finish. Starfruit, also called carambola, is a bright yellow, oval fruit with deep ridges; thinly slice it crosswise and you'll have star-shaped fruit slices. Make a slit halfway into the center of each slice, then decorate your glass.

Coffee bean candies, found in fancy food shops or candy stores, are scrumptious nuggets to dress up chocolate desserts. Or, sprinkle a few atop a whipped-cream-topped cup of after-dinner coffee or cappucino.

—Marlene Brown styles food for magazines, cookbooks, and television in southern California.



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Fresh Pineapple From Hawaii.

UPGRADING FIREPLACE EFFICIENCY

Although ideal for romance and relaxation, a conventional fireplace can waste more heat than it ever produces. Typical fireplace efficiency is about 10 percent, meaning that 90 percent of the heat it generates is lost. Plus, much of the heat your furnace works so hard to produce can go up the chimney even when there's no fire burning. Make your fireplace more of a wood-heating asset with these tips.

Put a damper on it. Add a damper to minimize heat loss when the fireplace isn't in use. If you already have one, be sure to keep it closed when there's no fire.

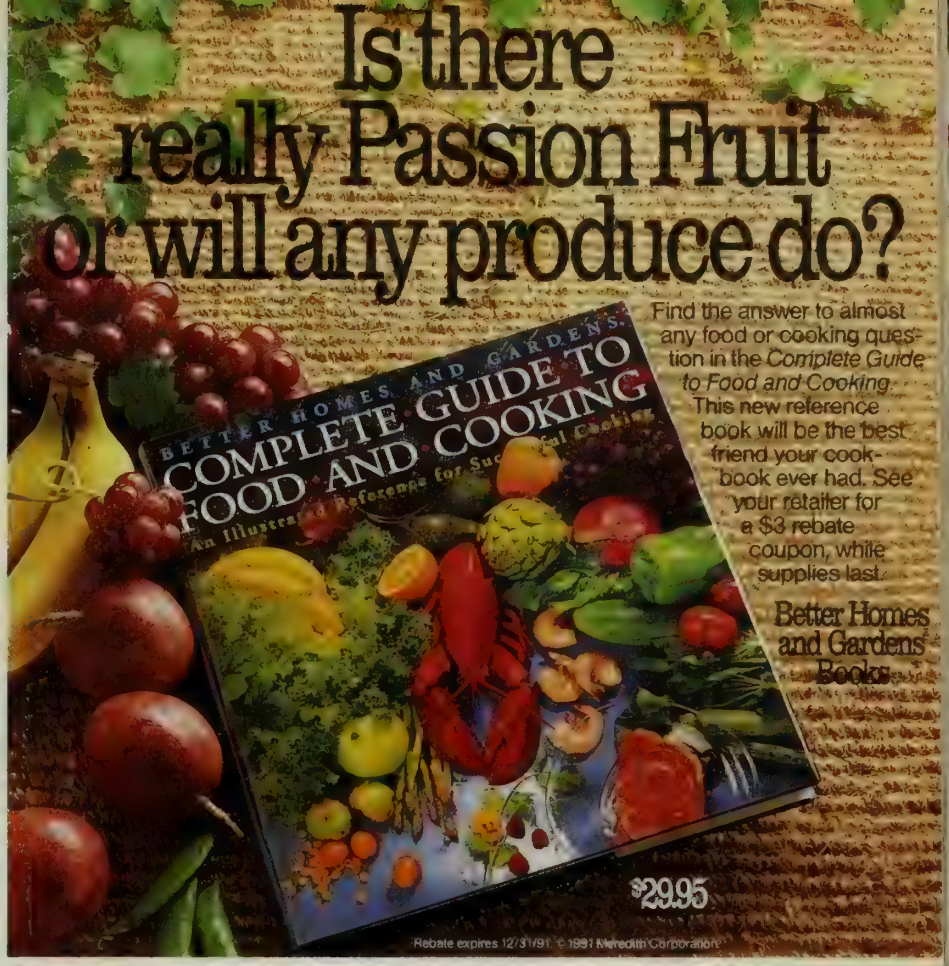
Keep it under glass. Tight-fitting glass-front fireplace doors will limit the amount of room heat that escapes.

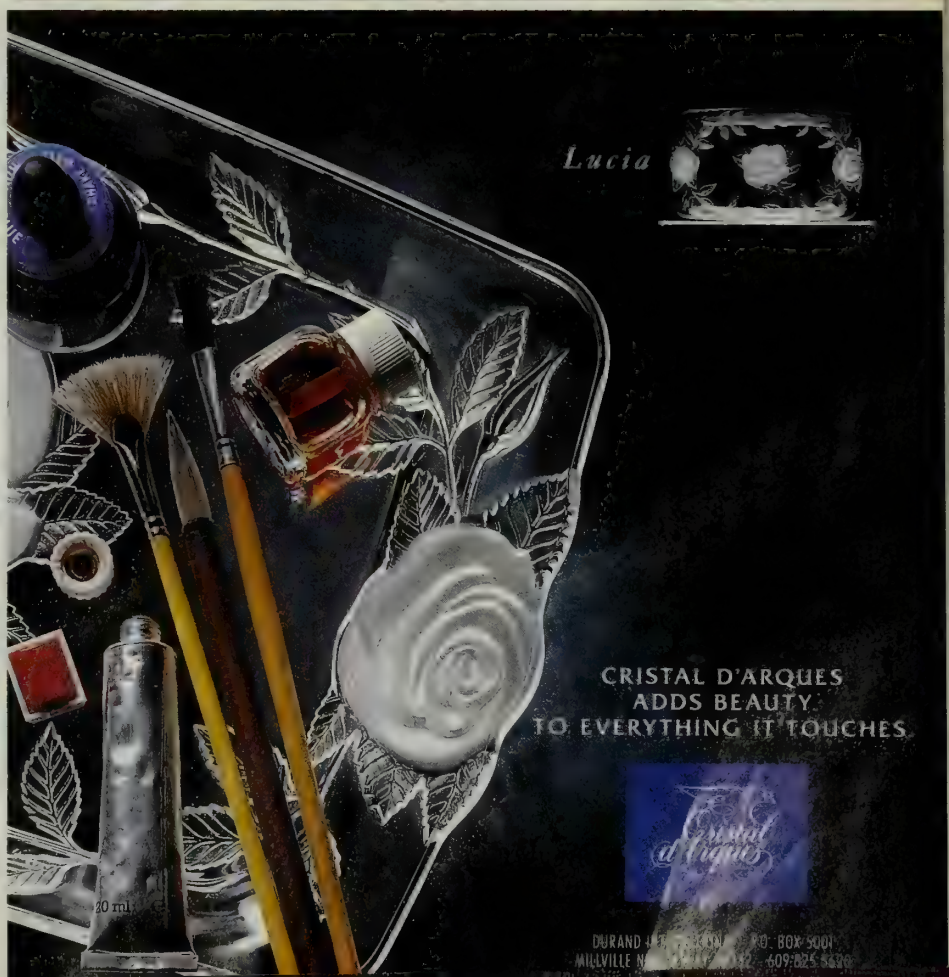
Be direct. By routing outside air directly to the firebox through regulated ducts, you can cut back on the warm air the fireplace draws from the room and reduce drafts.

Be energy-wise, weatherize. A fireplace draws air through cracks in the walls, windows, and doors. Plug air leaks by weatherizing. Do this only if your fireplace has a direct source of outside air to prevent the discharge of poisonous fumes into the home.

A grate exchange. Put a heat exchanger in your firebox to force heated air back into the room. A typical exchanger is essentially a log-holding grate made from iron pipe. The C-shaped exchanger draws cooler air into the bottom of the hollow pipes. The air is heated by the fire and then forced out the top either by natural convection or with a built-in fan.

Rehab with a prefab. Factory-built prefabricated fireplaces, which can be installed in your fireplace opening, can exceed the efficiency of a typical conventional fireplace. The addition of an airtight wood stove, however, is the best way to use your fireplace to add heat to your home.

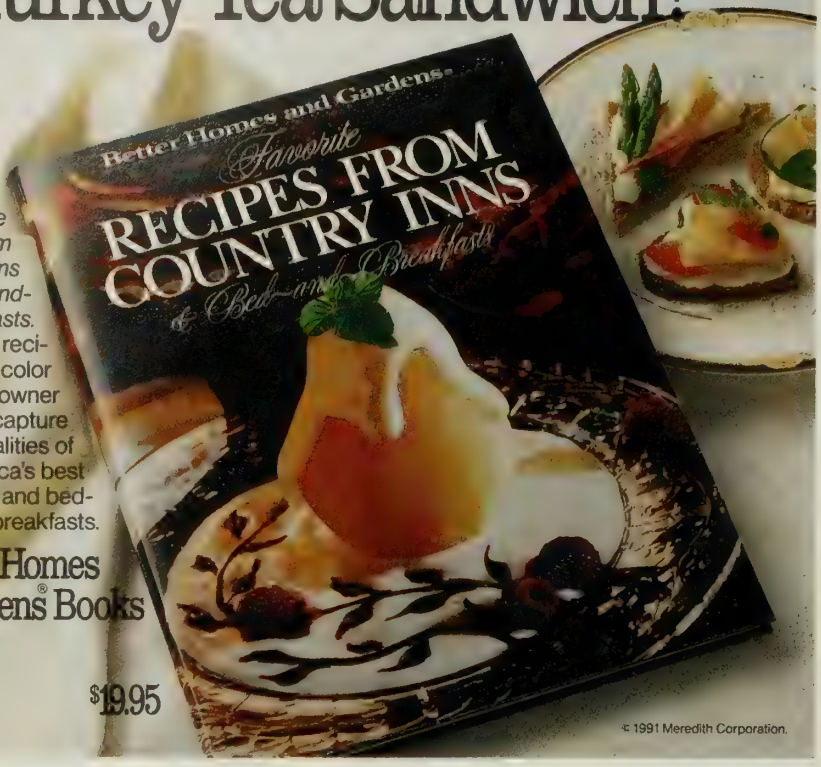




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4MAF4

SULFITE LABELING ON WINE

As our sophistication about wines grows, we tend to read wine labels more closely. Since July 1987, two new words, "contains sulfites," have appeared on most American wine bottles. Here's what this additional label information means.

Why note sulfites on labels? If you've ever had an allergic reaction after drinking wine or eating sulfited foods such as lettuce or potatoes, you may be sulfite sensitive. It's estimated that more than a quarter million people in the U.S. are sensitive to sulfur-containing compounds called sulfites. Sulfite labeling on wine is designed to protect these people.

Under the federal law, sulfite labeling is required for all alcoholic beverages that contain more than 10 parts per million (ppm) of sulfites. Though sulfites are present in nearly all wines, beers, and distilled spirits, only wines can contain enough sulfites to require special labeling. Sulfites are also used as a preservative in some foods. Those foods that contain more than 10 ppm of sulfites must bear a label declaring the presence of sulfites.

No sulfite label? All wines contain sulfites, except for a small number that carry a specific "Contains No Sulfites" label. A missing statement just means that the wine was bottled before July 9, 1987, or that it was not bottled in the United States.

Why are sulfites used in wine? Sulfites play an essential role in wine making, just as yeast is essential to bread making. In wine production, sulfites keep the grapes or grape juice fresh, prevent vinegar formation, and keep white wines white. Recently, wine makers have found ways to substantially limit the use of sulfites in wine making. However, these methods may be more costly than those methods that use greater amounts of sulfites.



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CHECK YOUR LOCAL NEWSPAPER FOR THE MALL LOCATION NEAREST YOU.

PACKING ANTIQUES FOR A MOVE

Making a move to a new home or city is exciting. But let's face it, packing for that move is no fun at all. Especially if you need to worry about whether an heirloom treasure is going to get where you're going in one piece. Rest easier with the following tips for packing antiques and fine art.

Wrap objects in bubble wrap from your local hardware store. Then bundle the piece in brown paper and tape securely. One word of warning: Bubble wrap retains heat and moisture which harms wood. If your wood pieces will come in contact with either one, consider using wooden crates.

Create crates for valuable antiques or sculptures. Have a crate built, or build your own from pine reinforced with ¾-inch plywood and lined with waterproof paper and a layer of polyurethane foam. Make sure your treasure fits snuggly inside; fill in the gaps with bubble wrap. Screw down the lid to avoid jarring the piece by pounding nails. If you aren't inclined to make your own crate, seek out a moving company that provides this service.

Take paintings out of their frames. Both the canvas and the frame may expand and contract under certain climate changes, which can cause one to brush against the other and chip some paint. Put some felt or foam between the frame and canvas, then wrap it all up in brown paper. This protects against dirt and will cushion against a small bump. Wrap glass separately.

Pick your mover carefully if you have several valuable objects to move. Make calls to a local museum for recommendations. Or screen out unconscientious movers by asking how your pieces will be secured overnight and whether they offer adequate insurance coverage. If you have only a couple of irreplaceable objects to move, consider shipping those pieces by air—a relatively safe mode of travel.

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MANUFACTURER'S COUPON EXPIRES 2/29/92

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SOUTHWESTERN SPIRIT IN A NEW MASTER BATH



Photographs: Thomas Arledge. Architect: Parker/Lovelace. Interior design: Mary Ann Bundgaard. Regional editor: Mindy Pantiel

Skylights, adobelike walls, and handsome Najavo-inspired tilework give this bath the look of a southwestern courtyard, which it once was.

An intricate band of terra-cotta, moss green, and gray tiles—designed by the homeowners—tops off the wide-open spaces of the shower stall.

Gaining ample room for your master bath may be easier than you think. Mary Ann and Kurt Bundgaard found space by glancing outside their Colorado home. "The original bath was so small we just turned it into a walk-in closet," says Mary Ann. "Then we enclosed an existing courtyard and captured 72 square feet for the bath."

The courtyard is gone but not forgotten, thanks to a pair of big skylights, an arched entry where the sliding glass doors were located, and a Southwest-inspired ceramic tile motif.

To save money, the Bundgaards refaced the old bathroom cabinets and chose a pair of inexpensive sinks and faucets. "For visual interest, we decided to spend the bulk of our budget on tile work," Mary Ann says.

Mosaics above and below the vanity mirror and in a frieze around the shower hark back to ancient Navajo designs. Gray field tiles in the floor are



set off by a cross-hatching of white feature tiles.

For an adobe look, Mary Ann added round corners and textured the surfaces with ceiling paint. A custom-made valance conceals lighting over the vanity.

Here's what you do with it.

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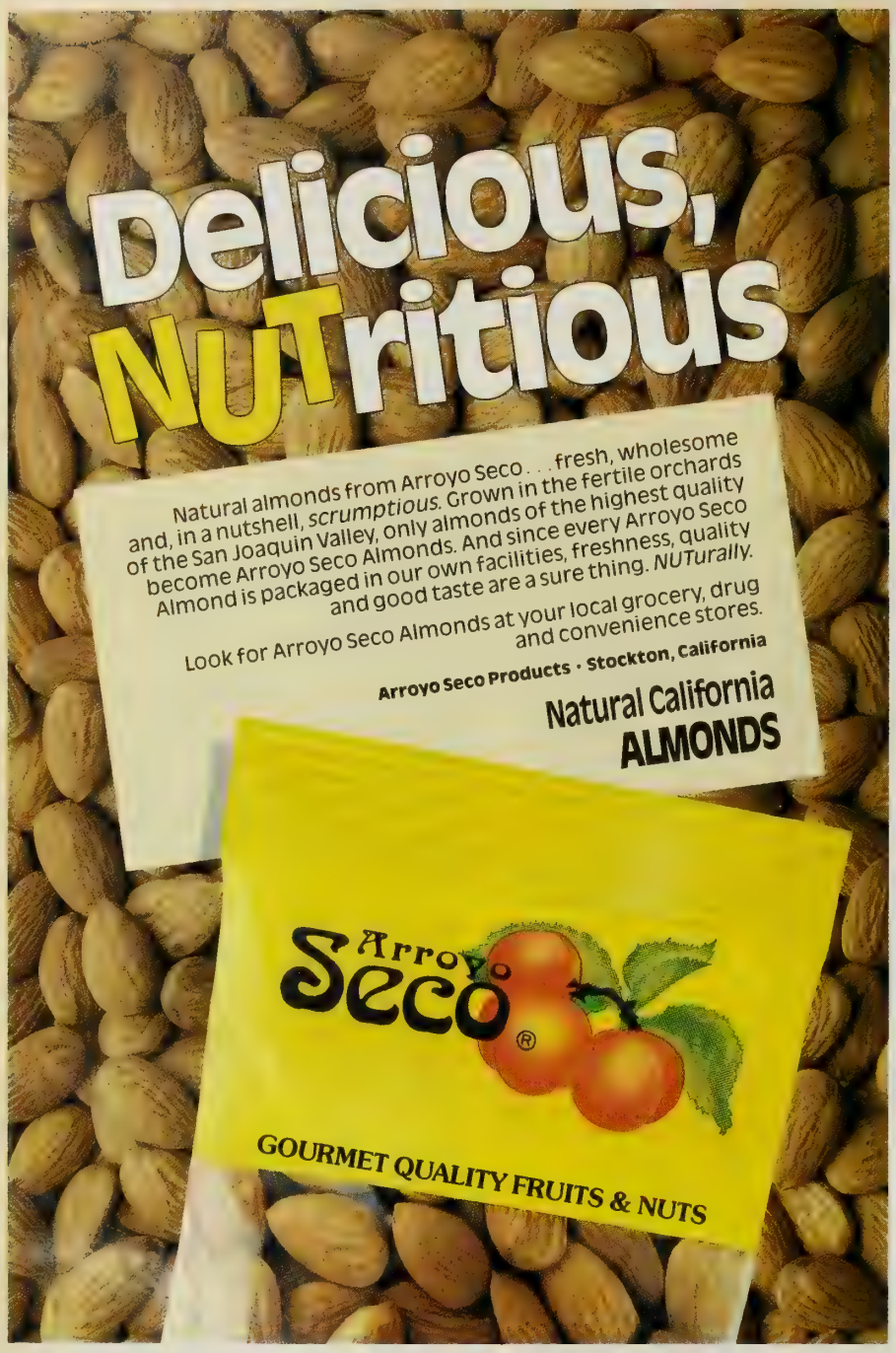
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COOKIE-BAKING Q & A

Q. What makes my drop cookies turn out flat and hard instead of crisp and chewy?

A. The type of fat you use could be the problem. For best results, use solid fats (butter, margarine, and shortening) for cookies, except in the very few cookie recipes specifying cooking oil. Avoid using products labeled "diet" and "spreads" in cookies because of their high water content. Also avoid airy, soft-style tub products.

Q. How can I substitute whole wheat flour for all-purpose flour in favorite cookie recipes?

A. Whole wheat flour can replace some, but usually not all, of the all-purpose flour. Too much whole wheat flour can cause dry cookies. Start by using half of each kind of flour. Recipes for hearty cookies, like oatmeal, bar cookies, and chocolate chip, work best. To make cookies using 100 percent whole grain flour, search out recipes that specifically call for only whole grain flour.

Q. I'm on a diet. For lower-calorie cookies, can I reduce the sugar?

A. Sugar does more than just sweeten cookies; it tenderizes and adds crispness. Reducing the sugar means you'll get less tender, breadlike cookies. Instead of cutting calories from cookies by lowering sugar or fat (another calorie culprit), we suggest limiting the number of cookies you eat.

Q. My drop cookies and cutouts burn on the edges before cooking in the center. What's wrong?

A. The problem could be your pans. Use flat, shiny, heavy cookie sheets. Avoid dark pans or those with sides. Too much fat on pans, if greased, and using hot cookie sheets can cause cookies to spread, resulting in thin, browned edges. Drop cookies should be uniform in size, and cutouts should be of even thickness. Check oven accuracy with an oven thermometer. 🔲

CANDY CALORIE COUNTDOWN

Candy lovers can be calorie counters, too. Keep these numbers in mind when you indulge your sweet tooth. Some choices give fewer calories per bite.

CANDY	CALORIES
Buttermint (1)	8
Butterscotch disk (1)	19
Caramel (1)	38
Candy corn (¼ cup)	182
Chocolate fudge, plain (1⅓-cubic-inch piece)	113
Jelly bean (1)	10
Lifesaver (1)	9
Malted milk ball	10
Milk chocolate bar (1 oz.)	147
Milk chocolate kiss (1)	26
Milky Way bar (2.2 oz.)	290
Mints (¼ cup)	100
Peanut brittle (3½ × 2-inch piece)	119 🔲



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cheesy

fluffy

like homemade

mmm

crispy



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Sweet SENSATIONS

From Cookbooks with a Cause

BY JULIA MALLOY

Our collection of lavish desserts and cookies is irresistible, but you'll love these sweet temptations for yet another reason—they're handpicked from hundreds of charitable cookbooks sent to us from volunteers nationwide. Should you find the cookbooks and their causes tugging at your heartstrings, simply turn to page 162 to order copies for yourself or friends.



Walnut Torte
Layers of nutty meringue nestle between rich butter cake and creamy cocoa frosting. Best of all, you can bake and freeze the cake ahead.

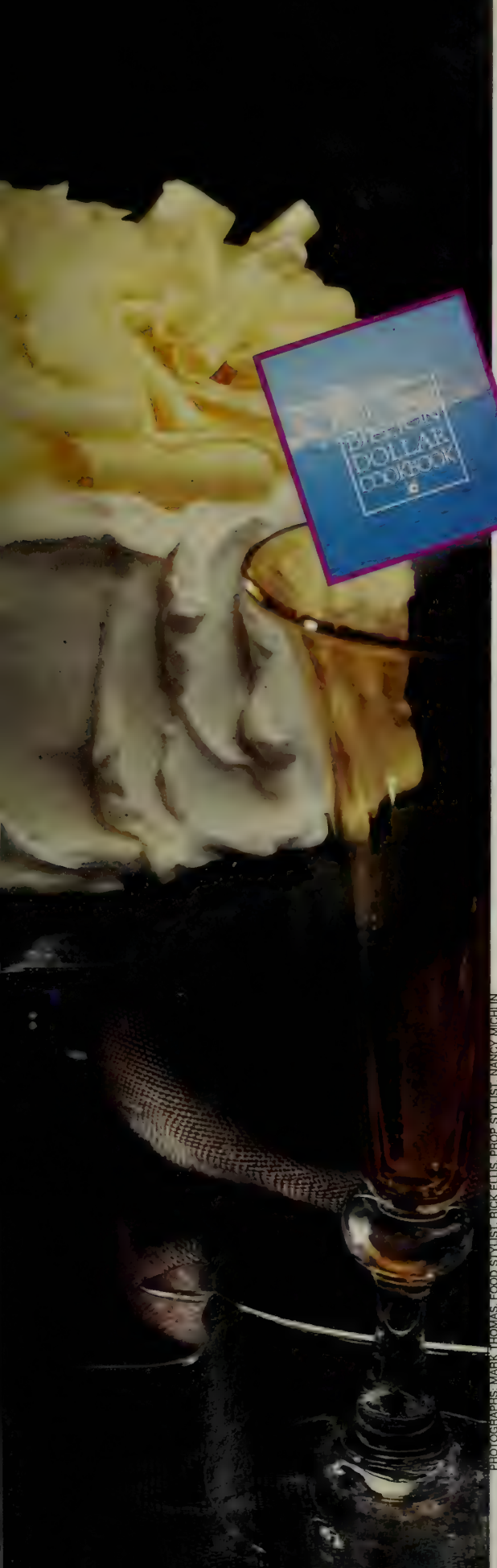


Only in California
Creative California cooks are helping the Children's Home Society of California celebrate 100 years of assisting children through its network of family support services.

Recipes begin on page 164.



Sweet SENSATIONS



PHOTOGRAPHS: MARK THOMAS. FOOD STYLIST: RICK ELLIS. PROP STYLIST: NANCY MICHLIN

Kahlúa White Russian Cake

Soft curls of shaved white chocolate top this billowy Kahlúa-vodka layer cake.

Cranberry 3.1416

Any math whiz knows that 3.1416 spells "pi" in geometry. Luckily, you don't have to be a human calculator to sink your teeth into this scrumptious cranberry, orange, and raisin pie.

The Two Billion Dollar Cookbook

Oil-spill workers in Alaska compiled this book to benefit Bean's Café, a nonprofit day shelter for the homeless in the Anchorage area. Scattered throughout the book are Klondike-style recipes and personal stories about the massive clean-up.

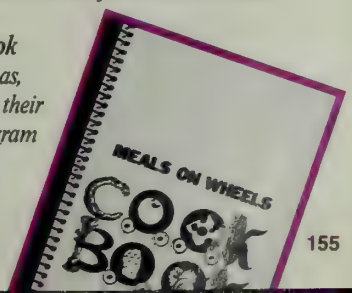


English Trifle Dessert

Juicy, fresh fruits shine through sherried sponge cake and macaroons in this streamlined version of the British classic.

Meals on Wheels Cookbook

Volunteers in Roanoke, Texas, named their cookbook after their weekday lunch delivery program for the elderly.



Recipes begin on page 165



Sweet SENSATIONS

Chocolate Irish Cream Cheesecake

Irish Cream liqueur laces this dreamy, creamy boardwalk-city dessert. Crown it with fresh ruby-red raspberries and glossy threads of melted chocolate.



Greetings from Atlantic City
Favorites from visiting celebrities headline this fund-raiser for the detection and treatment of cancer.

Pecan Cream Cheese Pie

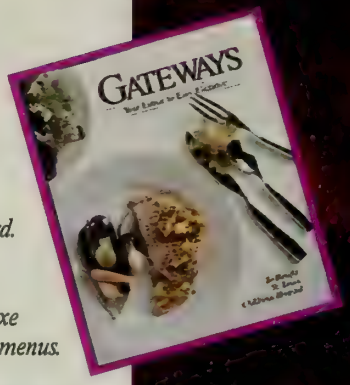
Pecan pie meets cheesecake in this smooth rendition of a down-home Dixie favorite.



Come and Get It
The Junior Welfare League of Talladega, Alabama, collected their distinctively southern recipes to raise funds for various community projects.

Recipes begin on page 168.

Sweet SENSATIONS



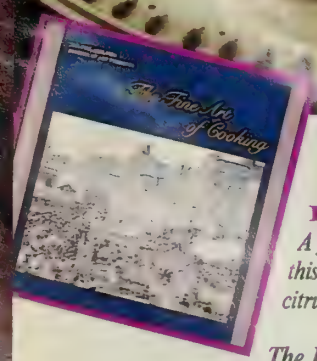
Sherried Pears with Crème Anglaise

Elegant, easy poached pears float in a velvety, rich custard.

Gateways

The St. Louis Children's Hospital benefits from this deluxe cookbook, which opens with a chapter of 23 entertaining menus.





Pumpkin Mousse Pie

A flavorful twist on the Thanksgiving classic, this fluffy pie blends traditional spices with citrus, rum, and cream cheese.

The Fine Art of Cooking

Colorful reproductions from the Philadelphia Museum of Art adorn the pages of this showy cookbook. Sales from the book raise funds for the museum.

Recipes begin on page 168.





Cookie recipes from selected cookbooks begin on page 170.

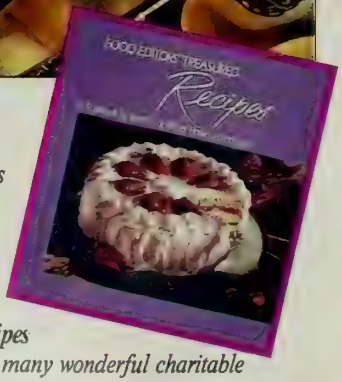

Eggnog Cookies
Kringla
Gingerbread Men
Kriss Kringle Cookies
Chocadamia Cookies
Almond Macaroons

Sweet SENSATIONS



Harvest Apple Tart

Painted pastry leaves and grapes frame this food pro's dessert. You can paint and bake the tart shell ahead of time.



Food Editors' Treasured Recipes

You inspired us. You sent in so many wonderful charitable cookbooks that we decided to create our own. We food editors gathered our personal favorite recipes to benefit our own cause—The Better Homes™ Foundation, which helps homeless families. To order our cookbook, send a check for $17.95 payable to Better Homes™ Foundation at P.O. Box 9236, Des Moines, IA 50306. (Iowa residents: add 72 cents state sales tax. Massachusetts residents: add 90 cents state sales tax.) Order by December 16 to receive by Christmas. To order other featured cookbooks, see right.

Recipe begins on page 178.
Buying information, page 146.
To order baking equipment, see page 200.

To order one of the cookbooks featured in our story, write to the following addresses (postage and handling is included in the price listed):

A Collection of International Recipes
Send a check for $15 payable to Auxiliary to the Genesee County Medical Society at HI-TEK Graphics, 60 Main Street, Oakfield, NY 14125-1097.

Animal Crackers
Send a check for $7 payable to PAWS-Gulf Coast Humane Society at 1101 Navigation Boulevard, Corpus Christi, TX 78407.

Come and Get It!
Send a check for $17.45 payable to Junior Welfare League of Talladega. Address to *Come and Get It!*, P.O. Box 331, Talladega, AL 35160. (Ala. residents: add $1.20 state sales tax.)

Friends of Ballet Iowa Cook
Send a check for $8 payable to Friends of Ballet Iowa at 2806 Sylvania Drive, West Des Moines, IA 50265.

Gateways
Send a check for $22.45 payable to Auxiliary-Twigs, Gateways. Address to *Gateways*, St. Louis Children's Hospital, 400 South Kingshighway Boulevard, St. Louis, MO 63110.

Greetings from Atlantic City
Send a check for $17.95 payable to R.N.S. Cancer and Heart Fund at 2024 Pacific Avenue, Atlantic City, NJ 08401. (N.J. residents: add $1.05 state sales tax.)

Meals on Wheels
Send a check for $6 payable to Roanoke Meals on Wheels, at Rt. 1, Box 15, Roanoke, TX 76262.

Ocean County Fare and Bounty
Send a check for $11.50 payable to Ocean County Girl Scout Council at 1405 Old Freehold Road, Toms River, NJ 08753.

Only in California
Send a check for $20.95 payable to Children's Home Society Cookbook at 2727 West Sixth Street, Los Angeles, CA 90057-3111. (Calif. residents: add $1.48 state sales tax and any local taxes.)

Three Rivers Cookbook
Send a check for $13.95 payable to *Three Rivers Cookbooks, Vol. 3*, at 1108 Ohio River Boulevard, Sewickley, PA 15143. (Pa. residents: add 78 cents state sales tax.)

The Fine Art of Cooking
Send a check for $24.95 payable to Women's Committee—PMA Cookbook. Address to *The Fine Art of Cooking*, Philadelphia Museum of Art, P.O. Box 7646, Philadelphia, PA 19101-7646. (Pa. residents: add $1.32 state sales tax.)

The Two Billion Dollar Cookbook
Send a check for $22.45 payable to the Clean-Up Cookbook at P.O. Box 242944, Anchorage, AK 99524-2944.

What Is Cooking at L.D.P.
Send a check for $12 payable to Language Development Program. Address to: L.D.P. Cookbook, 300 Fries Road, Buffalo, NY 14150.



Sensational Beef Stroganoff

- 1 lb. boneless beef round steak, cut ¾" thick
- 2 tbsp. margarine, divided
- ½ cup chopped onion
- 1 can Campbell's® Cream of Mushroom Soup
- ½ tsp. paprika
- ½ cup sour cream or plain yogurt
- Hot cooked noodles
- Chopped fresh parsley for garnish

1. Slice beef across the grain into *very* thin strips.
2. In skillet over high heat, in 1 tbsp. hot margarine, cook ½ the beef and ½ the onion until beef is no longer pink and onion is tender; set aside. Repeat with remaining margarine, beef and onion.
3. Return meat mixture to skillet. Stir in soup and paprika. Heat through, stirring occasionally. Reduce heat to very low. Stir in sour cream. Gently heat through. Serve over noodles. Garnish with parsley.

6 servings. Recipe may be doubled.

Prep time: 10 min.
Cook time: 12 min.

Tip: To make slicing easier, freeze beef 1 hr.

Simple Salisbury Steak

- n Campbell's Cream of ushroom Soup, divided
- ground beef
- p dry bread crumbs
- 1 egg, beaten
- ¼ cup finely chopped onion
- 1½ cups sliced mushrooms

bowl, mix *thoroughly* ¼ cup of the soup, beef, bread crumbs, g and onion. Shape *firmly* into 6 patties.

skillet over medium-high heat, cook patties, a few at a time, until owned on both sides. Spoon off fat.

r in remaining soup and mushrooms; return patties to skillet. duce heat to low. Cover; simmer 20 min. or until done, turning tties occasionally.

ervings.

ep time: 10 min.
ok time: 30 min.

rving Suggestion: Pictured with steamed whole green beans.

991 Campbell Soup Company



One Great Soup. Two Great Recipes. Now You're Cookin'.



M'm! M'm! Good!®

Sweet SENSATIONS

continued from page 162

WALNUT TORTE

Though walnuts headline this chocolate-covered cake, you can substitute pecans, hazelnuts, or almonds—

1 cup all-purpose flour
1 tsp. baking powder
Dash salt
½ cup butter, softened
½ cup sugar
½ tsp. vanilla
4 egg yolks
⅓ cup milk
4 egg whites
⅛ tsp. cream of tartar
1 cup sugar
¾ cup finely chopped walnuts

• • •

¾ cup sugar
⅓ cup unsweetened cocoa powder
1½ cups whipping cream
1½ cups chopped walnuts (optional)
Walnut halves (optional)

● **Grease and lightly flour two** 8x1½-inch round baking pans. In a small mixing bowl stir together flour, baking powder, and salt; set aside.

● **In a large mixing bowl beat** butter with an electric mixer on medium speed about 30 seconds or till softened. Add the ½ cup sugar and vanilla; beat till fluffy. Add egg yolks, one at a time, beating on medium speed till combined. Alternately add flour mixture and milk, beating on low to medium speed after each addition just till combined. Spread evenly in pans.

● **For meringue layer,** in a medium mixing bowl beat egg whites and cream of tartar with an electric mixer on high speed till soft peaks form (tips

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Savory Pot Roast

- 2 tbsp. vegetable oil
- 3½-4 lb. beef round or chuck pot roast
- 1 can Campbell's® Cream of Mushroom Soup
- 1 pouch Campbell's Dry Onion Soup and Recipe Mix
- 1¼ cups water, divided
- 6 medium potatoes, quartered
- 6 carrots, cut into 2" pieces
- 2 tbsp. all-purpose flour

1. In 6-qt. Dutch oven, in hot oil, cook roast until browned on all sides. Spoon off fat.
2. Stir in mushroom soup, onion soup mix and 1 cup of the water. Reduce heat to low. Cover; simmer 2 hr. or until meat is tender, turning occasionally. Add vegetables. Cover; cook 40 min. or until roast and vegetables are fork-tender.
3. Remove roast and vegetables to platter. Over medium heat, cook sauce until slightly thickened. In cup, stir together flour and remaining ¼ cup water until smooth. Gradually stir into Dutch oven. Cook until mixture boils and thickens, stirring constantly. Serve with roast.

8 servings. Prep time: 5 min. Cook time: 3 hr.

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*Preferred over Lipton® dry onion soup as soup & dip in a recent national taste test.

curl). Gradually add the 1 cup sugar, beating till stiff peaks form (tips stand straight). Fold in the ¾ cup finely chopped walnuts. Spread the mixture over the batter in the cake pans.

● **Bake in a 300° oven for 1 hour** or till a toothpick inserted near the centers comes out clean. Cool cakes in pans on wire racks for 10 minutes. Remove cakes and completely cool on wire racks before filling and frosting.

● **For frosting, in a chilled medium** mixing bowl stir together the ¾ cup sugar and cocoa powder. Add whipping cream; beat with an electric mixer on low speed just till soft peaks form. *Do not overbeat.*

● **To assemble, place one cake layer,** meringue side up, on a serving plate. Spread a thin layer of the frosting onto the meringue. Top with the second cake layer, meringue side up. Frost top and side of cake, reserving some frosting for piping, if desired. Press the 1½ cups chopped walnuts onto sides of frosted cake, if desired.

● **Put remaining frosting** into a decorating bag fitted with a large star tip. Pipe frosting around the bottom edge and into rosettes on top; garnish rosettes with walnut halves, if desired. Cover and chill for up to 24 hours. To serve, cut into wedges, dipping the knife into water between slices. Makes 12 servings.

Nutrition information per serving: *436 cal. (51% from fat), 26 g fat, 133 mg chol., 6 g pro., 49 g carbo., 1 g dietary fiber, 139 mg sodium. U.S. RDA: 29% vit. A, 13% thiamine, 17% riboflavin.*

KAHLÚA WHITE RUSSIAN CAKE

To make the candy curls for the top, use a bar of white chocolate at room temperature. Draw a vegetable peeler across the wide side of the bar, making large curls—

- **3 Tbsp. (1½ oz.) Kahlúa *or* other coffee liqueur**
- **2 Tbsp. (1 oz.) vodka**
- **3 oz. white baking bar with cocoa butter, chopped (½ cup)**
- **2 cups sifted cake flour *or* 1¾ cups all-purpose flour**
- **¾ tsp. baking soda**
- **½ tsp. baking powder**
- **1¼ cups sugar**
- **½ cup butter**
- **2 Tbsp. shortening**
- **3 eggs**
- **¾ cup buttermilk**
- **⅓ cup apricot jam**
- **1 recipe Kahlúa White Russian Cream**
- **White baking bar with cocoa butter, shaved into curls (optional)**

● **In a medium heavy saucepan** combine the Kahlúa, vodka, and the 3 ounces chopped white baking bar. Cook and stir over low heat till baking bar is melted; cool slightly.

● **Grease and lightly flour** three 8x1½-inch round baking pans; set aside. In a small mixing bowl stir together flour, baking soda, and baking powder; set aside.

● **In a large mixing bowl combine** sugar, butter, and shortening; beat with an electric mixer on medium speed till light and fluffy. Add eggs, *one* at a time, beating till combined. Beat in the cooled liqueur mixture.

continued on page 166

Sweet SENSATIONS

continued from page 165

Alternately add flour mixture and buttermilk to egg mixture, beating on low to medium speed after each addition just till combined.

● **Spread the batter evenly** in the prepared pans. Bake in a 350° oven for 20 to 25 minutes or till a toothpick inserted near the centers comes out clean. Cool the cake layers in the pans on wire racks for 10 minutes. Remove the layers from the pans and cool completely on wire racks.

● **To assemble, place one layer,** bottom side up, on a serving plate. Spread layer with about *3 tablespoons* of the jam and about *⅓ cup* of the Kahlúa White Russian Cream. Place a second layer on top of first layer, bottom side up; spread with remaining jam and *⅓ cup* of the cream. Top with remaining cake layer, bottom side up. Swirl remaining cream onto the top and sides of the cake. Cover and chill for up to 24 hours. If desired, decorate the top with baking bar curls. To serve, cut the cake into wedges, dipping the knife into water between slices. Makes 12 to 16 servings.

Kahlúa White Russian Cream: In a chilled medium mixing bowl combine 2 cups *whipping cream* and ½ cup sifted *powdered sugar;* beat with an electric mixer on low speed till thickened. Gradually add ¼ cup *Kahlúa* or other *coffee liqueur* and 2 teaspoons *vodka;* beat on low speed till soft peaks form. *Do not overbeat.*



SCOTT LITTLE

To make chocolate curls, carefully draw a vegetable peeler across the white baking chocolate.

Nutrition information per serving: *508 cal. (52% from fat), 29 g fat, 129 mg chol., 5 g pro., 54 g carbo., 1 g dietary fiber, 183 mg sodium. U.S. RDA: 33% vit. A, 16% thiamine, 17% riboflavin.*

CRANBERRY 3.1416

If you use frozen cranberries, let them stand for 30 minutes at room temperature to thaw—

1 lb. fresh cranberries (4 cups)
1½ cups sugar
2 Tbsp. all-purpose flour
½ tsp. ground cinnamon
¼ tsp. salt
¾ cup chopped walnuts
1 small orange, peeled, sectioned, and chopped (about ½ cup)
½ cup raisins
1 recipe Pastry for Double-Crust Pie
2 Tbsp. butter
Sugar
Vanilla ice cream (optional)

● **In a large mixing bowl combine** cranberries, the 1½ cups sugar, flour, cinnamon, and salt. Stir in walnuts, orange, and raisins.

● **On a lightly floured surface** slightly flatten one ball of pastry dough. Roll dough from center to edge, forming a 12-inch circle. Wrap pastry around rolling pin; unroll onto a 9-inch pie plate. Ease pastry onto the pie plate, being careful not to stretch it. Loosely cover and set remaining dough aside.

● **Fill the unbaked pastry shell with** cranberry mixture. Dot with butter. Trim bottom pastry even with pie plate.

● **For top pastry, roll out remaining** dough; cut shapes or slits in crust, reserving cutouts for decoration, if desired. Place over cranberry mixture. Trim top crust ½ inch beyond edge of pastry; fold top pastry edge under bottom pastry edge. Seal and flute edge. Brush with water. If desired, decorate with pastry cutouts. Sprinkle with additional sugar.

● **Cover edge of crust with foil.** Place pie on a baking sheet. Bake in a 375° oven for 25 minutes. Remove foil. Bake for 30 to 35 minutes more or till top is golden and fruit is tender. Serve warm or cool with ice cream, if desired. Makes 8 servings.

Pastry for Double-Crust Pie: In a large mixing bowl stir together 2 cups *all-purpose flour* and ½ teaspoon *salt.* Using a pastry blender, cut in ⅔ cup *shortening* till pieces are the size of small peas. Sprinkle 1 tablespoon *water* over part of the mixture; gently toss with a fork. Push to side of bowl. Repeat with 5 to 6 more tablespoons *water, 1 tablespoon* at a time, till all is moistened. Divide dough in half. Form each half into a ball.

Nutrition information per serving: *576 cal. (42% from fat), 28 g fat, 8 mg chol., 6 g pro., 81 g carbo., 4 g dietary fiber, 229 mg sodium. U.S. RDA: 12% iron, 22% vit. C, 34% thiamine, 17% riboflavin, 17% niacin.*

ENGLISH TRIFLE DESSERT

Splurge on strawberries or choose fresh fruit that's now in season, such as oranges, kiwi fruit, grapes, or papaya—

1 4-serving-size pkg. *regular* vanilla pudding mix
2½ cups milk
⅔ cup cream sherry
1 7-inch sponge cake, one 16-oz. loaf pound cake, *or* one 3-oz. pkg. (12) ladyfingers, cut into 1-inch cubes (5 cups)
⅓ cup raspberry jam
3 cups cut-up fresh fruit
8 purchased almond macaroons, crumbled (1½ cups)
½ cup whipping cream
Fresh fruit (optional)
Crumbled almond macaroons (optional)

● **Prepare pudding** according to package directions, *except* use the 2½ cups milk. Stir in *⅓ cup* of the sherry. Cover surface with clear plastic wrap. Cool till lukewarm.

● **To assemble, place cake cubes** in the bottom of a straight-sided 2-quart glass bowl. Sprinkle with remaining ⅓ cup sherry. Spoon jam evenly over cake cubes. Top with the 3 cups fresh fruit. Sprinkle 1½ cups crumbled macaroons over fruit. Pour prepared pudding over layers. Cover and chill for 2 to 4 hours.

● **Before serving, in a chilled medium** mixing bowl beat whipping cream with an electric mixer on low speed till soft peaks form. *Do not overbeat.* Put whipped cream into a decorating bag fitted with a large star tip; pipe cream atop trifle. (*Or,* spoon whipped cream atop.) If desired, garnish with additional fruit and macaroons. Makes 8 to 10 servings.

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Rose's Butter Cookies

- 1 C Real Butter (2 sticks)
- 1/2 C blanched sliced almonds
- 1/4 C sugar
- 1 large egg
- 1 tsp vanilla extract
- 1 tsp almond extract
- 2 C all-purpose flour
- pinch of salt

Preheat oven to 375°F. Spread almonds on cookie sheet and bake till brown (about 10 min.) Cool completely. Finely chop almonds to fine powder; set aside. In mixing bowl, cream together softened butter and sugar. Add egg and extracts. Beat till blended. With electric mixer on low speed, gradually add flour, salt and nuts till blended. Transfer mixture to pastry bag or cookie press and form rosettes or stars 1¾" in diameter, 2" apart. Bake 10-12 minutes. Cool on wire rack.

Adapted from *Rose's Christmas Cookies*, published by William Morrow, Inc.

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BHG

REAL

America's Dairy Farmers
american dairy association

Sweet SENSATIONS

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Nutrition information per serving: *602 cal. (31% from fat), 20 g fat, 164 mg chol., 9 g pro., 93 g carbo., 2 g dietary fiber, 392 mg sodium. U.S. RDA: 18% calcium, 15% iron, 20% vit. A, 42% vit. C, 16% thiamine, 24% riboflavin.*

CHOCOLATE IRISH CREAM CHEESECAKE

If you prefer less liqueur, substitute whipping cream or milk for the liqueur to make up the difference—

1 cup chocolate wafer crumbs (about 18 cookies)*
¼ cup butter, melted
½ tsp. ground cinnamon
3 8-oz. pkg. cream cheese, softened
1 8-oz. carton dairy sour cream
1 cup sugar
1 8-oz. pkg. semisweet chocolate, melted and cooled
3 eggs
⅓ to ½ cup Irish cream liqueur
2 Tbsp. whipping cream *or* milk
2 tsp. vanilla
Fresh raspberries (optional)
⅓ cup semisweet chocolate pieces, melted (optional)

● **For crust, in a medium mixing bowl** combine crumbs, butter, and cinnamon; toss gently to mix. Spread mixture evenly in the bottom of a 9- or 10-inch* springform pan; press onto bottom to form a firm, even crust. Set pan aside.

● **For filling, in a large mixing bowl** combine cream cheese, sour cream, sugar, and the 8 ounces melted chocolate; beat with an electric mixer on medium to high speed till combined. Add eggs all at once. Beat on low speed just till combined. *Do not overbeat.* Stir in liqueur, whipping cream or milk, and vanilla.

● **Place pan on a baking sheet.** Pour filling onto crust. Bake in a 325° oven for 50 to 60 minutes or till center appears nearly set when gently shaken. Cool in pan on a wire rack for 15 minutes. Loosen sides. Cool for 30 minutes more on rack. Remove sides; cool completely. Cover and chill cheesecake for 4 hours or overnight.

● **Before serving, transfer the** cheesecake to a platter. If desired, top with fresh raspberries and drizzle with ⅓ cup melted chocolate. Makes 12 to 16 servings.

***Note:** If using the 10-inch springform pan, add another ¼ cup *chocolate wafer crumbs* to the crust.

Nutrition information per serving: *521 cal. (66% from fat), 39 g fat, 138 mg chol., 8 g pro., 38 g carbo., 1 g dietary fiber, 296 mg sodium. U.S. RDA: 11% calcium, 11% iron, 45% vit. A, 19% riboflavin.*

PECAN CREAM CHEESE PIE

For the pastry, roll out your own recipe or buy a refrigerated crust—

2 3-oz. pkg. cream cheese, softened
½ cup sugar
4 eggs
2 tsp. vanilla
¼ tsp. salt
1 unbaked 9-inch pastry shell
1¼ cups chopped pecans
¾ cup light *or* dark corn syrup
3 Tbsp. sugar
3 Tbsp. margarine *or* butter, melted

● **In a medium mixing bowl beat** cream cheese with an electric mixer on medium speed till smooth. Add the ½ cup sugar, *1* of the eggs, *1 teaspoon* of the vanilla, and salt; beat just till combined. Spread the cream cheese mixture onto the bottom of the pastry. Sprinkle pecans over the cream cheese mixture.

● **In a large mixer bowl use a rotary** beater or whisk to lightly beat the remaining 3 eggs just till mixed. Stir in corn syrup, the 3 tablespoons sugar, margarine or butter, and remaining 1 teaspoon vanilla.

● **Place the partially filled pastry on** a baking sheet on the oven rack. Slowly pour the syrup mixture over pecans. Cover the edge with foil. Bake in a 375° oven for 20 minutes. Remove foil. Bake for 15 to 20 minutes more or till a knife inserted near the center comes out clean. Cool pie completely on a wire rack. Cover and chill to store. Makes 8 servings.

Nutrition information per serving: *572 cal. (54% from fat), 35 g fat, 130 mg chol., 8 g pro., 59 g carbo., 2 g dietary fiber, 292 mg sodium. U.S. RDA: 11% iron, 25% vit. A, 33% thiamine, 24% riboflavin, 10% niacin.*

SHERRIED PEARS WITH CREME ANGLAISE

Crème Anglaise (krehm ahng-LEH), French for English cream, is simply a stirred custard—

3 medium pears
⅓ cup packed brown sugar
¼ cup dry *or* cream sherry
1 Tbsp. lemon juice
1 Tbsp. vanilla
½ tsp. ground cinnamon
1 recipe Crème Anglaise
Freshly grated nutmeg *or* ground nutmeg
½ cup toasted sliced almonds (optional)

● **Halve pears lengthwise;** core and peel. Place halves on a cutting board, flat side down. Make about *7* lengthwise cuts in *each* pear half, starting about ½ inch from stem and cutting to the bottom. Place pears, flat side down, in a 12x7½x2-inch baking dish. Set aside.



Make about 7 lengthwise cuts in each pear half, starting about ½ inch from stem and cutting to the bottom.

● **In a small saucepan combine** brown sugar, sherry, lemon juice, vanilla, and cinnamon. Cook and stir over medium heat till sugar is dissolved. Pour sugar mixture over pears. Bake, covered, in a 350° oven for 35 to 40 minutes or till tender.

● **To serve, spoon about *⅓ cup*** Crème Anglaise onto each dessert plate. Drizzle with some of the warm pear cooking liquid, swirling as desired. Arrange warm pears on top. Sprinkle with nutmeg. Top with almonds, if desired. Makes 6 servings.

Crème Anglaise: In a heavy medium saucepan stir together 2 cups *milk*, 5 *egg yolks*, ⅔ cup *sugar*, and a dash *salt*. Cook and stir over medium heat.

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Sweet SENSATIONS

continued from page 168

Continue cooking egg mixture till it just coats a metal spoon. Remove from heat. Stir in 1 teaspoon *vanilla, rum,* or *sherry.* Quickly cool the custard by placing the saucepan in a bowl of ice water and stirring for 1 to 2 minutes. Cover surface with clear plastic wrap. Chill till serving time.

Nutrition information per serving: *283 cal. (20% from fat), 6 g fat, 185 mg chol., 5 g pro., 51 g carbo., 2 g dietary fiber, 75 mg sodium. U.S. RDA: 18% calcium, 16% vit. A, 22% riboflavin.*

PUMPKIN MOUSSE PIE

Pumpkin pie fans will love this light and fluffy twist on the classic—

10 oz. cream cheese, softened
½ cup sugar
½ cup packed brown sugar
2 eggs
1 16-oz. can pumpkin
2 Tbsp. milk, half-and-half, *or* light cream
1 Tbsp. rum
1 tsp. ground cinnamon
1 tsp. vanilla
½ tsp. ground ginger
½ tsp. ground allspice
½ tsp. finely shredded orange peel
½ tsp. lemon juice
1 recipe Ginger Crust
½ cup whipping cream
2 Tbsp. sugar
2 to 3 tsp. rum
Orange peel curls (optional)

● **For filling, in a large mixing bowl** combine cream cheese, sugar, and brown sugar; beat with an electric mixer on medium to high speed till fluffy. Add eggs all at once; beat on low speed just till combined. *Do not overbeat.* Gently stir in pumpkin, milk or cream, rum, cinnamon, vanilla, ginger, allspice, orange peel, and lemon juice.

● **Place pie plate with Ginger Crust** on a baking sheet on the oven rack. Slowly pour pumpkin mixture into Ginger Crust. Cover the edge with foil. Bake in a 375° oven for 25 minutes. Remove foil. Bake for 25 to 30 minutes more or till a knife inserted near the center comes out clean. (The center will be slightly soft when tested and will firm as it cools.) Cool pie completely on a wire rack. Cover and chill to store.

● **Before serving, in a chilled medium** mixing bowl combine whipping cream, the 2 tablespoons sugar, and the 2 to 3 teaspoons rum. Beat with an electric mixer on low speed till soft peaks form. *Do not overbeat.* Cut pie into wedges. Top each serving with a dollop of whipped cream; garnish with an orange peel curl, if desired. Makes 8 servings.

Ginger Crust: In a medium mixing bowl combine 1½ cups *graham cracker crumbs,* 6 tablespoons melted *unsalted butter,* ⅓ cup *sugar,* ½ teaspoon *ground cinnamon,* and ½ teaspoon *ground ginger;* toss gently to mix. Spread mixture evenly in a 10-inch pie plate. Press onto bottom and up sides to form a firm, even crust. Bake in a 375° oven for 4 to 5 minutes or till edge is light brown. Cool on a wire rack before filling.

Nutrition information per serving: *540 cal. (50% from fat), 30 g fat, 136 mg chol., 7 g pro., 61 g carbo., 2 g dietary fiber, 277 mg sodium. U.S. RDA: 12% calcium, 14% iron, 196% vit. A, 20% riboflavin, 10% niacin.*

GINGERBREAD MEN

Girl Scouts in Ocean County, New Jersey, put these smiling ginger people in their cookbook, Ocean County Fare and Bounty—

6 cups all-purpose flour
1 Tbsp. ground ginger
2 tsp. ground cinnamon
1¼ tsp. baking soda
½ tsp. salt
1 cup margarine *or* butter
1 cup packed brown sugar
1 cup molasses
2 eggs
2 tsp. finely shredded orange peel
½ tsp. finely shredded lemon peel
1 recipe Creamy Frosting (optional) (see *page 171*)
1 recipe Powdered Sugar Icing (optional) (see *page 172*)
Small multicolored decorative candies (optional)



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● **In a medium mixing bowl stir** together flour, ginger, cinnamon, baking soda, and salt; set aside. In a large mixing bowl beat margarine or butter with an electric mixer on medium speed for 30 seconds. Add brown sugar and beat till fluffy.

● **In a small saucepan bring molasses** to boiling. Add hot molasses to butter mixture; beat on low speed till combined. Add eggs, orange peel, and lemon peel; beating on low speed just till combined. Add flour mixture to molasses mixture; stir with a spoon till mixed. Divide dough into 4 portions. Wrap each portion in waxed paper or clear plastic wrap; chill about 1 hour or till firm enough to handle.

● **Grease a cookie sheet; set aside.** On a lightly floured surface roll dough, *one portion* at a time, to ¼-inch thickness. Using small or large cookie cutters, cut dough into gingerbread people or other shapes, rerolling trimmings as necessary. Arrange cutouts 1 inch apart on the prepared cookie sheet.

● **Bake in a 350° oven** about 7 minutes or till edges are firm and light brown. Cool on cookie sheet for 1 minute. Transfer cookies to a wire rack to cool completely. If desired, decorate with Creamy Frosting, Powdered Sugar Icing, and small candies as pictured on *pages 160–161* and the *cover.* Makes about 40 big cookies or 176 small cookies.

To decorate gingerbread lady (as pictured on *page 161* and the *cover*): Use a decorating bag fitted with a small round tip to pipe a border of Powdered Sugar Icing for the dress and collar and for the mouth, eyes, and hair. Spread Powdered Sugar Icing within the collar outline. With a decorating bag fitted with a small star tip, pipe pink Creamy Frosting within the dress outline. For the buttons, eyes, and hair, use small multicolored decorative candies.

To decorate gingerbread man (as pictured on *page 160*): Use a decorating bag fitted with a small round tip to pipe a border of Powdered Sugar Icing for the shirt and for the mouth, eyes, and hair. Spread green Powdered Sugar Icing within the shirt outline. Decorate the shirt with decorative colored sprinkles.

Note: *To order gingerbread cookie cutters, see* page 200.



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Nutrition information per large cookie without decoration: *151 cal. (30% from fat), 5 g fat, 11 mg chol., 2 g pro., 24 g carbo., 1 g dietary fiber, 113 mg sodium. U.S. RDA: 15% thiamine.*

CHILLING COOKIE DOUGH

Cookie doughs meant for shaping often need to be chilled first. The firmness of a cookie dough after chilling depends on whether you use butter or margarine. Doughs made with butter will be firmer.

To chill, place the dough in the refrigerator for the time recommended in the recipe or in the freezer for about one-third of the refrigerator chilling time. (Do not freeze cookie dough that's made with butter, as the dough will become too firm to slice.)

Expect dough to be softer if you use 100 percent corn-oil margarine instead of regular margarine. And do not use spread, diet, or soft-style margarine products in cookie dough, because their lower fat content could make cookies tough.

CREAMY FROSTING

You can color this frosting as you wish, then pipe or spread it on just about any cookie—

1 cup shortening
1½ tsp. vanilla
½ tsp. lemon extract, orange extract, *or* almond extract
4½ cups sifted powdered sugar
3 to 4 Tbsp. milk
Few drops desired food coloring (optional)

● **In a medium mixing bowl beat** shortening, vanilla, and desired extract with an electric mixer on medium speed for 30 seconds. Slowly add about *2 cups* of the powdered sugar, beating well. Add *2 tablespoons* of the milk. Gradually beat in remaining powdered sugar and enough remaining milk (1 to 2 tablespoons) to make a frosting of piping or spreading consistency. If desired, stir in food coloring. Makes 2 cups.

Nutrition information per tablespoon: *112 cal. (51% from fat), 6 g fat, 0 mg chol., 0 g pro., 14 g carbo., 0 g dietary fiber, 1 mg sodium.*

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Sweet SENSATIONS

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POWDERED SUGAR ICING

Make this icing as thick as you need for piping, drizzling, or spreading—

1 cup sifted powdered sugar
¼ tsp. vanilla
Milk *or* orange juice
Few drops food coloring (optional)

● **In a mixing bowl stir together** sugar, vanilla, and *1 tablespoon* milk or juice. Stir in milk or juice, *1 teaspoon* at a time, till of piping (thick), drizzling (medium thickness), or spreading (thin) consistency. If desired, stir in food coloring. Makes ½ cup.

Nutrition information per tablespoon: *49 cal. (1% from fat), 0 g fat, 0 mg chol., 0 g pro., 13 g carbo., 0 g dietary fiber, 1 mg sodium.*

KRISS KRINGLE COOKIES

What is Cooking at LDP? *All shapes and sizes of anise-flavored cookies! LDP stands for the Language Development Program in Buffalo, New York, where kids with speech or hearing disorders benefit from cookbook sales—*

3 cups all-purpose flour
1 tsp. cream of tartar
1 tsp. baking soda
½ tsp. salt
2 eggs
4 tsp. milk
½ tsp. vanilla
¼ tsp. anise extract *or* almond extract
⅔ cup butter
1⅓ cups sugar
1 recipe Powdered Sugar Icing, see recipe *above* (optional)
Small multicolored decorative candies *or* colored sugar (optional)

● **In a medium mixing bowl stir** together flour, cream of tartar, baking soda, and salt; set aside. In a small mixing bowl stir together eggs, milk, vanilla, and anise or almond extract; set aside.

● **In a large mixing bowl beat** butter with an electric mixer on medium speed for 30 seconds. Add sugar and beat till fluffy. Alternately add flour mixture and egg mixture to sugar mixture, beating till combined (the dough may be a bit sticky). Wrap dough in waxed paper or clear plastic wrap; chill for 2 to 24 hours or till firm enough to handle.

● **On a lightly floured surface roll** dough to ⅛- to ¼-inch thickness. Using cookie cutters, cut into desired shapes, rerolling trimmings as necessary. Arrange cutouts about 1 inch apart on an ungreased cookie sheet. Bake in a 375° oven for 5 to 7 minutes or till edges are firm and light brown. Cool on cookie sheet for 1 minute. Transfer cookies to a wire rack to cool completely.

● **If desired, decorate** with Powdered Sugar Icing and small candies as pictured on *page 161.* Makes 72 cookies.

To decorate stars (as pictured on *page 161* and *cover*): Cut dough into large and small star shapes; bake and cool. Spread cookies with plain or colored Powdered Sugar Icing, if desired. Use a small paintbrush to paint star designs on top with colored or plain Powdered Sugar Icing. Decorate with silver decorative candies or colored sugar.

To decorate trees (as pictured on *cover*): Cut dough into tree shapes; bake and cool. Use a decorating bag fitted with a small round tip to pipe Powdered Sugar Icing in a zigzag from top to bottom. Sprinkle with small multicolored decorative candies. If desired, top *each* tree with *one* larger candy.

Nutrition information per cookie: *51 cal. (34% from fat), 2 g fat, 11 mg chol., 1 g pro., 8 g carbo., 0 g dietary fiber, 46 mg sodium.*

EGGNOG COOKIES

These spirited holiday cookies come from Food Editors' Treasured Recipes, *which benefits the Better Homes™ Foundation, a national organization that funds special programs for homeless families—*

2 cups all-purpose flour
1 cup sugar
¾ tsp. baking powder
¼ tsp. salt
¼ tsp. ground nutmeg *or* cardamom
⅔ cup margarine *or* butter
1 slightly beaten egg
¼ cup eggnog
½ cup finely crushed butterscotch- *or* rum-flavored hard candies (about 25 1-inch candies)
1 recipe Eggnog Glaze
Yellow colored sugar (optional)

● **In a large mixing bowl stir** together flour, sugar, baking powder, salt, and nutmeg or cardamom. Cut in margarine or butter till pieces are the size of small peas. Make a well in the center. Combine egg and eggnog; add all at once to dry mixture. Stir till moistened. Cover and chill dough about 2 hours or till firm enough to handle.

● **Line a cookie sheet with foil;** set aside. On a well-floured surface roll dough to ¼-inch thickness. Using cookie cutters, cut into desired shapes, rerolling trimmings as necessary. Cut smaller shaped holes inside the shapes, rerolling trimmings. Place



Sprinkle crushed candies into centers of cookies on foil-lined cookie sheet.

cookie shapes with holes in centers about 1 inch apart on the foil-lined cookie sheet. Sprinkle crushed candies into the holes.

● **Bake in a 375° oven for 10 to 12** minutes or till edges are firm and light brown. Cool on the cookie sheet for 5 minutes. Carefully transfer the cookies on the foil to a wire rack to cool completely.

● **When cookies are cool,** carefully peel the foil from bottoms of cookies. Spread the cookie tops with Eggnog Glaze. If desired, sprinkle with colored sugar. Makes about 24 cookies.

Eggnog Glaze: In a small mixing bowl stir together 3 cups sifted *powdered sugar,* ¼ teaspoon *rum extract,* and enough *eggnog* (2 to 3 tablespoons) to make a glaze of spreading consistency.

Nutrition information per cookie: *186 cal. (27% from fat), 6 g fat, 11 mg chol., 2 g pro., 33 g carbo., 0 g dietary fiber, 97 mg sodium.*

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The "Hope you made more than one" Pumpkin Pie.

Libby's Famous Pumpkin Pie

1 pkg. (15-oz.) Pillsbury All Ready Pie Crusts
2 eggs, lightly beaten
3/4 cup granulated sugar
1 can (16-oz.) Libby's® Solid Pack Pumpkin
1/2 tsp. salt
1 tsp. ground cinnamon
1/2 tsp. ground ginger
1/4 tsp. ground cloves
1 can (12 fl.-oz.) undiluted Carnation® Evaporated Milk

Prepare pie crust according to package directions for filled one-crust pie using 9-inch pie pan. Twist edge as shown. Mix filling ingredients in order. Pour into crust. Bake in preheated 425°F oven 15 minutes. Reduce heat to 350°F. Bake additional 40–50 minutes or until knife inserted near center comes out clean. (If necessary, cover the edge of the crust with aluminum foil to prevent excessive browning.) Cool; garnish if desired.*

**Trim dough even with outside edge of pan, brush edge of crust with egg white. Cut six 1/4"-wide strips from remaining dough. Twist two strips together and place along edge of crust, pressing lightly to secure. NOTE: Bake pie on preheated heavy-duty cookie sheet only when using metal or foil pie pan.*

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Sweet SENSATIONS

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NEAPOLITAN COOKIES

From the Three Rivers Cookbook—Volume 3 *of Sewickley, Pennsylvania, comes a slice-and-bake tri-colored cookie. Proceeds from sales of the three cookbooks are distributed among a variety of children's organizations—*

2½ cups all-purpose flour
1½ tsp. baking powder
½ tsp. salt
1 cup margarine *or* butter
1½ cups sugar
1 egg
1 tsp. vanilla

• • •

½ tsp. almond extract
5 drops red food coloring
½ cups finely chopped walnuts
1 square (1 oz.) unsweetened chocolate, melted and cooled to room temperature

• In a small mixing bowl stir together flour, baking powder, and salt; set the mixture aside.

• In a medium mixing bowl beat margarine or butter with an electric mixer on medium speed for 30 seconds. Add sugar and beat till fluffy. Add egg and vanilla; beat just till combined. Slowly add the flour mixture, beating on medium speed about 3 minutes or till combined.

• Line a 9x5x3-inch loaf pan with waxed paper, allowing the ends of the paper to hang over the sides of the pan; set aside. Divide the dough into 3 portions. To one portion of the dough, stir in almond extract and red food coloring; pat onto the bottom of the pan. To another third of the dough, stir in chopped nuts; pat evenly over pink dough in pan. To the remaining dough, stir in melted chocolate; pat evenly onto nut dough. Cover and chill at least 4 hours or till dough is firm enough to slice.



To make striped cookies, cut dough in half lengthwise, then slice each half crosswise into ⅛- to ¼-inch-thick slices.

• Lift the waxed paper to remove the chilled dough from the pan; remove the waxed paper. Cut the dough in half lengthwise, then slice each half crosswise into ⅛- to ¼-inch-thick slices. Arrange the slices about 1 inch apart on an ungreased cookie sheet.

• Bake in a 350° oven for 10 to 12 minutes or till edges are firm and light brown. Cool on cookie sheet for 1 minute. Transfer cookies to a wire rack to cool completely. Makes 72 to 84 cookies.

Nutrition information per cookie: *63 cal. (47% from fat), 3 g fat, 3 mg chol., 1 g pro., 8 g carbo., 0 g dietary fiber, 52 mg sodium.*

continued on page 176



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Sweet SENSATIONS

continued from page 174

FROSTED SCOTCH SHORTBREAD

Another selection from the Three Rivers Cookbook—Volume 3, *these rich chocolate-topped plump and buttery rounds will freeze well either frosted or unfrosted—*

1 cup butter
¾ cup sifted powdered sugar
⅛ tsp. salt
1 tsp. vanilla
2 cups all-purpose flour

• • •

2 Tbsp. butter
2 squares (2 oz.) semisweet chocolate
½ cup sugar
⅓ cup whipping cream *or* ¼ cup evaporated milk
Chopped walnuts (optional)

● **In a medium mixing bowl combine** the 1 cup butter, powdered sugar, and salt; beat with an electric mixer on medium speed till combined. Beat in vanilla. Add flour; beat or stir till combined. (The mixture will be stiff.)

● **Using about *1 tablespoon* dough** for *each,* shape into balls. Arrange about 1 inch apart on an ungreased cookie sheet. Bake in a 300° oven for 18 to 20 minutes till edges are light brown. Transfer cookies to a wire rack to cool completely before frosting.

● **For frosting,** in a small heavy saucepan melt the 2 tablespoons butter and the chocolate over low heat. Stir in the ½ cup sugar and whipping cream or milk. Cook and stir till the mixture begins to bubble. Boil for 1 minute. Remove from heat. Beat with an electric mixer on medium speed till frosting is thick enough to stick to cookie (about 4 to 5 minutes).

● **Dip the top of each cooled cookie** into frosting. (If frosting gets too hard for dipping, stir in a few more drops of whipping cream or milk.) If desired, sprinkle with chopped nuts. Let stand on a wire rack till frosting is firm. Makes 36 cookies.

Nutrition information per cookie: *110 cal. (57% from fat), 7 g fat, 19 mg chol., 1 g pro., 11 g carbo., 0 g dietary fiber, 57 mg sodium.*

HAMANTASCHEN COOKIES

A take-off on the classic Jewish pastry, this tri-cornered filled cookie recipe comes from A Collection of International Recipes, *by the Auxiliary to the Genesee County Medical Society in Batavia, New York. The group funds scholarships for students going into the health field—*

4 cups all-purpose flour
2 tsp. baking powder
¾ cup shortening
1 cup sugar
¼ cup cooking oil
3 eggs
¼ cup orange juice

• • •

Desired filling (such as fruit jam *or* preserves; apricot, date, *or* poppyseed cake and pastry filling; chopped nuts; pie filling; *or* miniature chocolate pieces)





To shape into triangles, fold three sides up, without covering the filling; pinch the three corners to seal.

● **In a medium mixing bowl stir** together the flour and baking powder; set aside. In a large mixing bowl beat the shortening with an electric mixer on medium speed for 30 seconds. Add the sugar and cooking oil; beat on medium speed till fluffy. Add the eggs and orange juice; beat on low speed just till combined. Gradually add the flour mixture, beating with the electric mixer on medium speed till combined.

● **Divide the dough into 4 portions.** Wrap each portion in waxed paper or clear plastic wrap. Chill for 3 hours or freeze for 1 hour or till the dough is firm enough to handle.

● **Lightly grease a cookie sheet;** set aside. On a lightly floured surface roll pastry, *one portion* at a time, to ⅛- to ¼-inch thickness. Using a 3-inch round cookie or biscuit cutter, cut dough into circles, rerolling trimmings as necessary.

● **Arrange circles about 1 inch apart** on the prepared cookie sheet. Spoon *½* to *1 teaspoon* of filling in *each* center. To shape into triangles, fold 3 sides up, without covering the filling; pinch the 3 corners to seal.

● **Bake in a 350° oven for 12 to 15** minutes or till edges are golden. Cool the cookies on the cookie sheet for 1 minute. Transfer cookies to a wire rack to cool completely. Makes about 48 cookies.

Nutrition information per cookie: *107 cal. (40% from fat), 5 g fat, 13 mg chol., 2 g pro., 15 g carbo., 0 g dietary fiber, 17 mg sodium.*

KRINGLA

These Swedish figure-eight cookies come from Friends of Ballet Iowa Cook, *recipe cards that fund the area's dance company—*

4 cups all-purpose flour
1½ cups sugar
1 tsp. baking powder
1 tsp. baking soda
½ tsp. salt
1 cup buttermilk
½ cup margarine *or* butter, softened
2 tsp. vanilla
1 egg
Sugar (optional)

● **In a large mixing bowl stir** together flour, sugar, baking powder, baking soda, and salt. Add buttermilk, margarine or butter, and vanilla. Beat with an electric mixer on low speed till combined. Beat on high speed for 2 minutes. Add egg; beat for 2 minutes more. Cover and chill the dough for at least 2 hours or till it is firm enough to handle. (It may be a little sticky to the touch even after chilling.)

continued on page 178

THE PARTY CIRCUIT.
cipe Soup Mix. That's because Lipton's special blend of seasonings brings so much
into the center of attention.

Seafood Cocktail Dip

Lipton



1 envelope Lipton Onion Recipe Soup Mix
1 container (16 oz.) sour cream
1 can (6½ oz.) minced clams or
1 cup cooked chopped shrimp or imitation crabmeat, drained
3 Tbsps. chili sauce
1 Tbsp. horseradish

Combine all ingredients; chill 2 hrs. Makes about 2½ cups dip.

Soup it up with Lipton.®

Sweet SENSATIONS

continued from page 177

● **Grease a cookie sheet;** set aside. Shape dough into 1-inch balls. On a lightly floured surface roll each ball into a 6- to 8-inch-long rope. On the prepared cookie sheet, shape ropes into figure eights. Bake in a 375° oven for 6 to 8 minutes or till the edges are firm and light brown, though the tops will still be pale.

● **Transfer cookies to a wire rack;** brush tops with water to keep soft. If desired, sprinkle cookies with sugar. Cool completely. Cover tightly and store in a cool, dry place. Makes 60 to 72 cookies.

Nutrition information per cookie: *66 cal. (23% from fat), 2 g fat, 4 mg chol., 1 g pro., 12 g carbo., 0 g dietary fiber, 60 mg sodium.*

ALMOND MACAROONS

This light-as-air confection also comes from the Friends of Ballet Iowa Cook *recipe cards—*

1 8-oz. can almond paste
⅔ cup sifted powdered sugar
¼ cup sugar
2 egg whites
8 candied red cherries, cut into sixths

● **Line a cookie sheet** with parchment paper or foil. Lightly grease the foil; set aside. In a large mixer bowl combine almond paste, powdered sugar, sugar, and egg whites. Beat with an electric mixer on medium speed till combined. Beat on high speed for 3 minutes, scraping the sides of the mixing bowl often.

● **Place the dough in a decorating** bag fitted with a large star tip. Pipe rosettes 1 inch in diameter onto the prepared cookie sheet about 1 inch apart. (*Or,* drop dough from a teaspoon into 1-inch mounds on cookie sheet.) Place *one* candied cherry piece in the center of *each* cookie.

● **Bake in a 325° oven** for 15 to 20 minutes or till cookies just start to brown. Cool completely on wire racks before removing from parchment or foil. Cover tightly and store in a cool, dry place for up to 1 week. Makes about 45 cookies.

Nutrition information per cookie: *36 cal. (33% from fat), 1 g fat, 0 mg chol., 1 g pro., 6 g carbo., 1 g dietary fiber, 3 mg sodium. U.S. RDA: 10% thiamine.*

CHOCADAMIA COOKIES

Chocolate and animal lovers alike will love these chunky, chewy gourmet chocolate cookies from Animal Crackers, *a cookbook that raises funds to shelter animals through PAWS, the Gulf Coast Humane Society—*

1¼ cups all-purpose flour
½ cup margarine *or* butter, softened
½ cup packed brown sugar
¼ cup sugar
1 egg
1 Tbsp. water
1 tsp. vanilla
½ tsp. baking soda
Dash salt

• • •

1 8-oz. pkg. semisweet chocolate, cut into chunks
2 3½-oz. jars macadamia nuts (about 1¾ cups) *or* 1¾ cups walnuts, coarsely chopped

● **In large mixing bowl stir together** flour, margarine or butter, brown sugar, sugar, egg, water, vanilla, baking soda, and salt. Beat with an electric mixer on low speed till combined, scraping bowl occasionally. Stir in chopped chocolate and nuts.

● **Drop dough** by rounded tablespoons about 2 inches apart onto an ungreased large cookie sheet. Using a spatula, flatten *each* cookie to a 2½-inch round. Bake in a 375° oven for 8 to 10 minutes till light brown. Cool on the cookie sheet for 1 minute. Transfer cookies to a wire rack to cool completely. Makes 30 to 36 cookies.

Nutrition information per cookie: *163 cal. (62% from fat), 12 g fat, 7 mg chol., 2 g pro., 15 g carbo., 1 g dietary fiber, 79 mg sodium.*

COLORING COOKIES AND PASTRY

Add festive colors to cookies and pastries with food coloring. You can choose between paste food coloring, which comes in tubes or small plastic cups, or liquid food coloring, which comes in tiny bottles.

● Paste works well in frostings, because it won't thin them. It also comes in a wide variety of colors.

● Liquid coloring can make frostings thinner, so you may need to add more powdered sugar to get the right consistency. Even though the liquids come in a limited color range, you can mix them to create your own shades.

● Here's a handy chart for mixing colors:

Green = blue + yellow
Purple = blue + red
Orange = red + yellow
Gold = yellow + green
Pink = a little red

HARVEST APPLE TART

You can shape the pastry leaf cutouts with a sharp knife or use hors d'oeuvre cutters—

2 oranges
⅓ cup Madeira *or* cream sherry
⅓ cup water
¼ cup sugar
1 3-inch stick cinnamon
2 whole cloves
3 medium Golden Delicious apples, peeled, cored, and halved lengthwise

• • •

1 Tbsp. cold water
1 tsp. cornstarch
1 recipe Harvest Pastry Crust
½ cup seedless red *or* green grapes, halved

● **Using a vegetable peeler, cut a** 2x1-inch section of peel from one orange; reserve. Juice oranges (you should have about ½ cup). In a large saucepan stir together orange peel, orange juice, Madeira or sherry, ⅓ cup water, sugar, cinnamon, and cloves. Add apple halves. Bring to boiling; reduce heat. Cover and simmer for 15 to 18 minutes or just till apples are tender, turning apples once.

● **Using a slotted spoon, remove** the apple halves, reserving *½ cup* liquid. When apples are cool enough to handle, fan by making 6 to 8 lengthwise cuts in *each* apple half, starting about ½ inch from stem and cutting to the bottom.

● **For glaze, remove spices and peel** from reserved liquid. If necessary, add water to reserved liquid to make *½ cup* total; return to saucepan. Stir together 1 tablespoon cold water and cornstarch; stir into liquid in pan. Cook and stir till thickened and bubbly. Cook and stir for 2 minutes more. Remove from heat. Cool slightly.

continued on page 182

CHICKEN RICE FLORENTINE • BEEF TERIYAKI • FAJITA RICE • OLD-FASHIONED RICE PUDDING • STUFFED PEPPERS •

MINUTE®

INSTANT BROWN RICE

• CHICKEN DIVAN • CHICKEN RICE CASSEROLE • CRAB FRIED RICE • SPANISH BEEF AND RICE • SPANISH RICE • CHICKEN RICE CORDON BLEU • APPLESAUCE RICE •



SWEET AND SOUR CHICKEN

- ¾ pound boneless cubed chicken
- 1 tablespoon oil
- 1 cup green and red pepper strips
- 1 tablespoon cornstarch
- ¼ cup lite soy sauce
- 1 can (8 oz.) chunk pineapple in juice
- 3 tablespoons vinegar
- 3 tablespoons brown sugar
- ½ teaspoon ground ginger
- ½ teaspoon garlic powder
- 1½ cups MINUTE® Instant Brown Rice



- Cook and stir chicken in hot oil in large skillet until well browned. Add peppers; cook and stir 1 to 2 minutes.
- Mix cornstarch and soy sauce. Add to pan with pineapple and juice, vinegar, sugar, ginger and garlic powder. Bring to a full boil.
- Meanwhile, prepare rice as directed on package. Serve chicken over rice. Makes 4 servings.

Nutrition Information per Serving: 360 calories, 24 g protein, 56 g carbohydrate, 7 g fat, 60 mg cholesterol, 680 mg sodium, 3 g dietary fiber

FAST, EASY AND GOOD FOR YOU, TOO.

RICE-IPES

SHRIMP SCAMPI • STEAK AND PEPPER RICE • ORANGE CHICKEN WITH RICE

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continued from page 178

● **Arrange the fanned poached apples** on the Harvest Pastry Crust. Sprinkle grapes into the spaces between apples. Spoon the glaze over the fruit. Cover and chill for up to 2 hours. Makes 12 to 16 servings.

Harvest Pastry Crust: In a mixing bowl stir together 2 cups *all-purpose flour,* 3 tablespoons *sugar,* and ¼ teaspoon *salt.* Use a fork or pastry blender to cut in ¾ cup *margarine* or *butter* till pieces are the size of small peas.

Combine 1 beaten *egg yolk* and ¼ cup *cold water.* Sprinkle *1 tablespoon* of the egg mixture over part of flour mixture; gently toss with a fork. Push the moistened mixture to one side of the bowl. Repeat with remaining egg mixture, *1 tablespoon* at a time, till all is moistened. Knead the dough gently to form a ball. Cover and chill about 1 hour or till the dough is firm enough to handle.



Using a small brush, paint the pastry balls purple and the leaves green and gold.

On a lightly floured surface slightly flatten *two-thirds* of the dough. Roll the dough from the center to edge, forming a 13-inch circle. Trim, if necessary. Wrap the pastry around the rolling pin; unroll onto an ungreased baking sheet. Fold the edge up to a ¾-inch height all the way around to make a flat rim.

Roll the remaining pastry to ⅛-inch thickness. For leaves, use an hors d'oeuvre cutter or a knife to cut 30 to 36 leaf shapes about 1½ inches long. Score veins in the leaves with the back of a knife. For grapes, roll scraps into ¼-inch balls.

Brush *water* onto the flat edge of the pastry round. Arrange the pastry leaves around the edge in slightly overlapping groups of 3, leaving about 1 inch between groups. Arrange the balls in bunches of six in spaces between leaves.

In a small mixing bowl stir together 1 *egg yolk* and 1 teaspoon *water.* Divide the mixture among 3 small bowls. Mix in *food coloring* to make shades of gold, green, and purple. Using a small brush, paint the balls purple and the leaves green and gold.

Prick the bottom of the crust; brush with *water* and sprinkle with 1 tablespoon *sugar.* Bake in a 450° oven for 6 to 7 minutes or till light brown. Cool on the baking sheet on a wire rack. Transfer to a large flat round platter.

Note: To buy cutters, see *page 200.*

Nutrition information per serving: *251 cal. (44% from fat), 12 g fat, 18 mg chol., 3 g pro., 33 g carbo., 2 g dietary fiber, 180 mg sodium. U.S. RDA: 19% vit. A, 24% vit. C, 20% thiamine, 11% riboflavin, 10% niacin.*

NUTRITION INFORMATION

HOW TO MAKE IT WORK FOR YOU

EVERY RECIPE ANALYZED

With each recipe, we give important nutrition information. The calorie count of each serving and the amount, in grams, of fat, cholesterol, protein, carbohydrate, fiber, and sodium help you keep tabs on what you eat. We also include the percent of calories coming from fat.

You can check the vitamin and mineral levels of each recipe serving. These are noted in percentages of the United States Recommended Daily Allowance (U.S. RDA) whenever values exceed 10 percent of the recommended amount. (The U.S. RDAs are dietary standards developed by the Food and Drug Administration.)

HOW WE ANALYZE

We omit optional ingredients from the nutrition analysis.

BETTER HOMES AND GARDENS TEST KITCHEN®

Our seal assures you that every recipe has been tested in the *Better Homes and Gardens®* Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

When ingredient options appear in a recipe (such as margarine *or* butter), we use the first one mentioned for analysis. The ingredient order does not mean we prefer one ingredient or the other.

We use the first serving size listed when a range is given.

WHAT YOU NEED

Use our analyses to chart the nutrition value of the foods you eat and the recipes you prepare. Nutritionists suggest that healthy adults follow these daily recommendations:

Protein: About 15% of calories
Fat: No more than 30% of calories
Carbohydrate: About 55% of calories
Cholesterol: No more than 300 milligrams
Sodium: 500 to 3,000 milligrams
Dietary fiber: 20 to 30 grams

For example, a moderately active woman who consumes about 2,000 calories a day needs: about 75 grams of protein, no more than 67 grams of fat, and 275 grams of carbohydrate. In general, moderately active males and teenagers need more calories.



Big Raves

With Easy Little Cheese Cakes.*







MINI-CHEESECAKES

(Makes 12)

12 vanilla wafers
2 8 oz. packages cream cheese, softened
½ c. sugar
1 tsp. vanilla
2 eggs

Line muffin tin with foil liners.

Place one vanilla wafer in each liner. ◊ Mix cream cheese, vanilla and sugar on medium speed until well-blended. ◊ Add eggs. Mix well. Pour over wafers, filling ¾ full. Bake 25 min. at 325°.

Remove from pan when cool. ◊ Chill. ◊ Top with fruit, preserves, nuts or chocolate. ◊ Be creative!

*Actual size is cupcake size.

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REATE A STIR WITH CREAM CHEESE.

HOW TO COOK THE PERFECT TURKEY

Save yourself the effort of scouring books and brochures for turkey roasting guides and cooking tips. All the information you'll need for a succulent holiday bird is right here.

HOW MUCH TO BUY

Plan on 1 pound per serving when buying a bird that weighs 12 pounds or less. Plan on ¾ pound per serving if a bird is more than 12 pounds. For bone-in turkey breasts (or portion), figure one-half pound per serving.

BUYING FRESH TURKEY

Fresh turkey, like other fresh meat, is highly perishable. Buy fresh turkey just one or two days before you plan to cook it. If you buy your turkey too far ahead, it may start to spoil in your refrigerator. Check for a "sell by" date on the label of a fresh turkey. This is the last day the turkey should be sold. The bird will maintain good quality and be safe to cook for one to two days after this selling date.

Prestuffed fresh turkeys are not recommended. Preparation conditions during stuffing may have promoted the growth of bacteria that can cause food poisoning.

BUYING FROZEN TURKEY

When selecting a frozen turkey, choose one that's solidly frozen, has no damage to the package, and has no pockets of frost under the wrap.

THAWING FROZEN TURKEY

Refrigerator thawing: Place the wrapped bird on a tray in the refrigerator for 3 to 4 days (24 hours for every 5 pounds).

Cold-water thawing: Place the wrapped bird in a sink or large pan of cold water. Change the water every 30 minutes. (Allow 30 minutes thawing time per pound.)

continued on page 186



TURKEY-ROASTING TIMES

Because birds differ in size, shape, and tenderness, use these roasting times as a general guide.

Type of Turkey	Ready-to-Cook Weight	Oven Temp.	Guide to Roasting Time
Stuffed Whole Turkey* (open roasting)	6–8 lb.	325°	3–3½ hr.
	8–12 lb.	325°	3½–4½ hr.
	12–16 lb.	325°	4½–5½ hr.
	16–20 lb.	325°	5½–6½ hr.
	20–24 lb.	325°	6½–7 hr.
Unstuffed Foil-Wrapped Turkey	8–10 lb.	450°	1½–1¾ hr.
	10–12 lb.	450°	1¾–2¼ hr.
	12–16 lb.	450°	2¼–3 hr.
	16–20 lb.	450°	3–3½ hr.
	20–24 lb.	450°	3½–4 hr.
Stuffed Oven Bag Turkey*	12–16 lb.	350°	2¾–3¼ hr.
	16–20 lb.	350°	3¼–3¾ hr.
	20–24 lb.	350°	3¾–4¼ hr.
Turkey Breast Portions (bone-in)	2–4 lb.	325°	1½–2 hr.
	3–5 lb.	325°	1½–2½ hr.
	5–7 lb.	325°	2–2½ hr.

**Unstuffed turkeys generally require 30 to 45 minutes less roasting time than stuffed turkeys.*

Introducing Hunt's Classic Italian Style Spaghetti Sauce Inspired By The Great Cooks of Italy.



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We make our new Classic Italian Style Spaghetti Sauces using only full-flavored Italian herbs and spices in a light sauce made from red-ripe tomatoes. Absolutely no sugar or artificial sweeteners are added. ***Hunt's® Tomato & Basil*** *blends the perfect amount of basil in a light spaghetti sauce.* ***Hunt's Garlic & Herb*** *has plenty of real garlic. And* ***Hunt's Parmesan Sauce*** *has real Parmesan cheese. One taste and you'll understand why we make our Classic Italian Style Sauces to taste just the way they did in the old country.*

It Had To Be Hunt's.



HOW TO COOK THE PERFECT TURKEY

continued from page 184

Microwave thawing: Check your microwave oven's instructions for the size bird that will fit your oven. Place the unwrapped bird, breast down, in a large baking dish. Remove the metal clamp, if present, and the giblets packet(s). Defrost turkey on 30% power (defrost) for 30 minutes. Turn the bird breast up; let stand for 30 minutes. Thaw on defrost for 30 minutes more. If areas of the bird thaw quickly, shield the areas with pieces of foil. (Check your owner's manual to see if you can use foil.) If you see that the bird is starting to cook, remove it from the microwave oven and follow the cold-water thawing method.

DO NOT thaw at room temperature: Thawing turkey at a warm temperature promotes bacterial growth, which can lead to food poisoning.

Frozen prestuffed turkey: Keep a prestuffed turkey in the freezer till you are ready to cook it. *Do not thaw it.*

BEFORE ROASTING

Unwrap the bird. Remove the giblets and neck from the cavity. Rinse the bird inside and out and pat dry with paper towels.

If you're planning to stuff the bird, don't stuff it till you're ready to roast it. To stuff, spoon some stuffing loosely into the neck cavity. Pull the neck skin over the stuffing; fasten the skin to the back of the bird with a metal skewer. Loosely spoon some stuffing into the body cavity; do not pack. (If packed tightly, the stuffing will not reach a safe temperature by the time the bird is done.) Spoon any remaining stuffing into a casserole and refrigerate it until you're ready to bake it. Bake stuffing alongside the bird the last 30 to 45 minutes of roasting time (about 30 minutes in a 350° oven).

If a band of skin crosses the tail, tuck the drumsticks under the band. If the band is not present, secure the legs to the tail with string or thread. Twist the wing tips under the back.

ROASTING DIRECTIONS

Open or covered roasting pan: Place the bird, breast side up, on a roasting rack in a shallow pan; brush with cooking oil, if desired. Push a meat thermometer into the center of an inside thigh muscle so the bulb doesn't touch bone.

For open roasting, cover the bird loosely with foil, leaving space between the bird and foil. Press the foil in slightly at the end of drumsticks and neck. Roast in a 325° oven, basting occasionally. When the bird is two-thirds done, cut the skin or string between legs. Remove the foil the last 30 to 45 minutes to let brown.

For covered roasting, do not add water. Roast, covered, with the vent open, in a 325° oven for 20 to 25 minutes per pound. Uncover and drain, reserving juices. Turn oven to 475°; roast for 20 minutes or till brown.

GRACE'S CHICKEN.



© 1991 Pillsbury Company

Foil-wrapped turkey: *Do not stuff* the turkey when using this method. (Because the turkey is roasted at a high temperature, the meat will finish cooking before the stuffing reaches a safe temperature.) Wrap the *unstuffed* bird, breast side up, in heavy foil (do not seal airtight). Place the bird in a shallow roasting pan. Insert a meat thermometer into the thigh muscle through the foil, without touching fat or bone. Roast at 450° according to the roasting chart on *page 184.* Open the foil the last 20 to 30 minutes of roasting to allow turkey to brown.

Oven cooking bag turkey: Shake 1 tablespoon of *all-purpose flour* in a turkey-size oven cooking bag. (This prevents the bag from bursting during roasting.) Place the turkey in the bag. Place the bird, breast side up, in a large, 2-inch-deep roasting pan. Close the bag with the enclosed nylon tie. With a sharp knife, cut 6 half-inch slits in the top of the bag to allow steam to escape. Insert a meat thermometer into thigh muscle through a slit in bag. Roast in a 350° oven, according to the roasting chart, till turkey reaches 180° to 185°.

Testing for doneness: For the previous methods, roast the turkey till the meat thermometer registers 180° to 185° or till the thickest part of the drumstick is soft and the drumstick twists easily in the socket. The juices should not be pink when the skin of the thigh is pricked with a long-tined fork. If the bird is stuffed, the temperature of the stuffing should be 165°. Remove turkey from oven; loosely cover with foil. Let the turkey stand for 15 minutes before carving. Remove all stuffing from bird and place in a serving dish.

Turkey breast and portions (bone-in): Thaw turkey, if frozen. Place turkey, skin side up, on a rack in a shallow roasting pan. Brush with cooking oil, if desired. Insert a meat thermometer into the center of the meat so the bulb does not touch fat or bone. Roast, uncovered, in a 325° oven, according to the chart. Cover loosely with foil to prevent overbrowning, if necessary. Roast till the internal temperature registers 170° (do not overcook). Let turkey stand 10 minutes before slicing.

NEED EXTRA HELP? CALL

Meat and Poultry Hot Line: 800/535-4555 or 202/447-3333 in Washington, D.C., November 23 and 24 and weekdays throughout November: 9 to 5 Eastern Standard Time (EST). Thanksgiving Day: 8 to 2 EST.

Reynolds Wrap 24-hour Turkey Information Line: 800/745-4000, November 1 through December 27.

Butterball Turkey Talk-Line: 800/323-4848 October 28 to November 27 (weekdays): 8 to 8 Central Standard Time (CST). November 23 and 24 and November 29 through December 23 (weekdays): 8 to 6 CST. Thanksgiving Day: 6 to 6 CST.

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Ahh, marvelous mushrooms. Plump, juicy, whole or sliced mushrooms from Green Giant,® to be more precise. When they grace the plate, everything from chicken to steaks to sauces becomes more special. So, add Green Giant® mushrooms and amaze someone tonight.



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TOAST THE HOLIDAYS



SCOTT LITTLE

Match apricot brandy and rum with eggnog for these festive drinks.

Raise mugs of hot Tom and Harrys to toast the holidays. These creamy cocktails mimic the famed Tom and Jerrys, with one step-saving exception: the recipe starts with purchased eggnog.

TOM AND HARRYS

For a nonalcoholic version, substitute apricot or peach nectar for the rum and the brandy, and add 1 to 1½ teaspoons of rum extract—

4 cups dairy eggnog
¾ cup apricot *or* peach nectar
½ cup rum
¼ cup apricot *or* peach brandy
Whipped cream
Ground nutmeg

In a 3-quart heavy saucepan combine the eggnog and apricot or peach nectar. Cook and stir over low heat till heated through. *Do not boil.* Stir in rum and brandy and heat through.

Ladle Tom and Harrys into mugs. Top with dollops of whipped cream and sprinkle with nutmeg. Makes 6 to 8 (6-ounce) servings.

Nutrition information per serving: *346 cal. (39% from fat), 15 g fat, 110 mg chol., 7 g pro., 28 g carbo., 0 g dietary fiber, 96 mg sodium. U.S. RDA: 23% calcium, 22% vit. A, 23% vit. C, and 20% riboflavin.*

CHOCOLATE FACTS AND FIBS

FIB: Chocolate is high in caffeine.
Caffeine occurs naturally in the cocoa bean, but the amount is low. A 1.5-ounce milk chocolate bar contains 9 milligrams of caffeine. The same size bar of sweet (dark) chocolate contains 30 milligrams of caffeine. Both kinds contain less caffeine than other common sources, such as brewed coffee (one 6-oz. cup = 103 mg) and pop (12-oz. can = 36 to 54 mg).

FACT: Chocolate is high in fat.
For solid chocolate this is true, when considering the percent of calories from fat. In bittersweet, semisweet, and milk chocolates, more than 50 percent of the calories come from fat. If you're a chocolate lover, it's OK to enjoy it occasionally. The key is moderation and a well-balanced diet. Even though the cocoa butter in chocolate is primarily saturated fat, studies show that it doesn't appear to raise blood cholesterol.

FACT: Chocolate is low in cholesterol.
Milk chocolate, the only chocolate with cholesterol, has a small amount, which comes from its milk content.

FIB: Chocolate causes acne.
There's no proof. Studies do not show that chocolate, or any other food, causes acne.

FIB: Chocolate causes tooth decay.
Most chocolate products contain sugar, but studies do not show chocolate as a high-ranked, cavity-causing food.

FIB: Chocolate is an aphrodisiac.
The ancient Aztecs believed this, but modern research has not proved it. Chocolate contains phenylethylamine (PEA), a chemical present in the human brain that helps arouse emotions. The amount in chocolate is probably too small to alter emotions.





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Two New Dry Soups



Just For Fun.

New Teddy Bear dry soup fills your bowl with over 200 bears. New Souper Stars dry soup has hundreds of stars in three different sizes: big, bigger and small.

Both fill your bowl with noodles and fun and Campbell's® famous Chicken Soup. Both have NO MSG. You'll wish you were a kid again. A Campbell Kid.

Mm! Mm! Good!®

TRY CHAYOTE: A MILD SQUASH FOR STUFFING



PHOTOGRAPHS: SCOTT LITTLE

Become acquainted with chayote (cha-YO-tee). This mild-tasting, pear-shape, light green squash has long been a staple of South American, southwestern, and Cajun cooking. Now chayote is available nationwide. Check our tips on how to prepare and enjoy it.

VEGETABLE-STUFFED CHAYOTE

Chayote's firm texture makes it ideal for stuffing—

2 medium chayote (8 oz. each)

• • •

1 cup sliced fresh mushrooms
½ cup chopped red sweet pepper
1 medium onion, chopped (½ cup)
1 clove garlic, minced
2 Tbsp. margarine *or* butter
1½ cups soft bread crumbs, toasted (2 slices)
¼ cup finely shredded Parmesan cheese
1 beaten egg
2 Tbsp. snipped parsley

Halve chayote lengthwise. Place halves in enough cold, salted water to cover. Bring to boiling; reduce heat. Simmer, covered, for 12 to 15 minutes or till tender. Drain.

When cool enough to handle, remove halved seed (reserve to eat, if desired). Scoop out and reserve pulp to within ¼ inch of skin. Invert shells; set aside to drain. Chop pulp; drain. Squeeze pulp, if necessary, between paper towels to remove excess liquid. Set aside.

Meanwhile, for stuffing, cook mushrooms, sweet pepper, onion, and garlic in margarine or butter till tender. Remove from heat.

Stir chayote pulp, toasted bread crumbs, *3 tablespoons* of the Parmesan cheese, egg, parsley, ⅛ teaspoon *salt*, and ⅛ teaspoon *pepper* into vegetable mixture. Spoon stuffing into shells.

Place shells in a 10x6x2-inch baking dish. Bake chayote, covered, in a 350° oven for 30 minutes or till heated through. Sprinkle with remaining Parmesan. Makes 4 side-dish servings.

Nutrition information per serving: *190 cal. (47% from fat), 10 g fat, 74 mg chol., 19 g carbo., 8 g pro., 427 mg sodium. U.S. RDA: 31% vit. A, 61% vit. C, 11% thiamine, 14% riboflavin, 10% niacin, 14% calcium, 11% iron.*

TIPS FOR BUYING AND PREPARING CHAYOTE



Availability: **Chayote is available year-round, but the peak season is fall through mid-spring.**

Storage: **Store unwashed in a perforated plastic bag in the refrigerator for up to 3 or 4 days.**

Preparation: **Wash chayote well; trim ends. You do not need to remove skin or inner seed. Cook and eat inner seed, or discard.**

Eating: **Enjoy this firm-textured squash in soups, stews, and casseroles, or filled with a seafood or vegetable stuffing. Or, combine it with other vegetables in a stir-fry. It's good raw in salads, too.**


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How would you like to win cash or new products for your home? Just send your original recipes to *Better Homes and Gardens*® Prize Tested Recipes Contest. On this page each month, we ask you to send us your recipes that fit the two recipe categories. Then, it's up to us to kitchen test and taste the entries and choose the winning recipes.

Seven months later, we feature the four top recipes on the Prize Tested Recipes pages. Along with the prize money or honor roll gifts, all winners receive a framed certificate and six copies of their recipe.

HINTS FOR THIS MONTH'S CATEGORIES

Microwave Fish and Seafood

If your micro-cooked recipe for fish steaks, fillets, shellfish, or surimi gets rave reviews at home, send it to us. Lickety-split recipes using fresh, frozen, canned, or smoked fish qualify.

Strawberry Desserts

Wanted: Fabulous fresh desserts that make the most of spring's ruby red crop. Family-pleasing desserts or elegant creations could win.

WINNERS IN THIS ISSUE (pages 195 and 196)

$200 Winners

J. Hill
Sacramento, Calif.
Kayleen Sloboden
Puyallup, Wash.

$100 Winners

Lois M. Willis
Mesa, Ariz.
Vicki Combs
Owensboro, Ky.

Honor Roll Winners

Each received Corning cookware.
Jana D. Amsler, *Wheaton, Ill.;* Joseph A. Divita, *Tonawanda, N.Y.;* Mrs. H. James DuMond, *Golden, Colo.;* Elsie S. Jones, *Mitchell, Oreg.;* Mazie King, *Mt. Pleasant, Tenn.;* Sandra Reicis, *Clarence, N.Y.*

CONTEST RULES

1. Contest is open to U.S. residents, except Meredith Corp. employees, its affiliates, subsidiaries, and families. **2.** With each entry, type or print your name, address, and recipe marked "June Microwave Fish and Seafood" or "June Strawberry Desserts." Specify ingredient brands and recipe origin. **3.** Address recipes to 9206 Food Department, Better Homes and Gardens, Des Moines, IA 50309-3023. **4.** Postmark all entries by November 30, 1991. **5.** Winners will be selected about 60 days later, then notified by mail. **6.** Entries must be original, and will be judged on creativity, taste, and practicality by BH&G® editors. **7.** Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corp. We reserve the right to adjust winning recipes. **8.** Entry constitutes permission to use winner's name and hometown name for editorial and promotional purposes.





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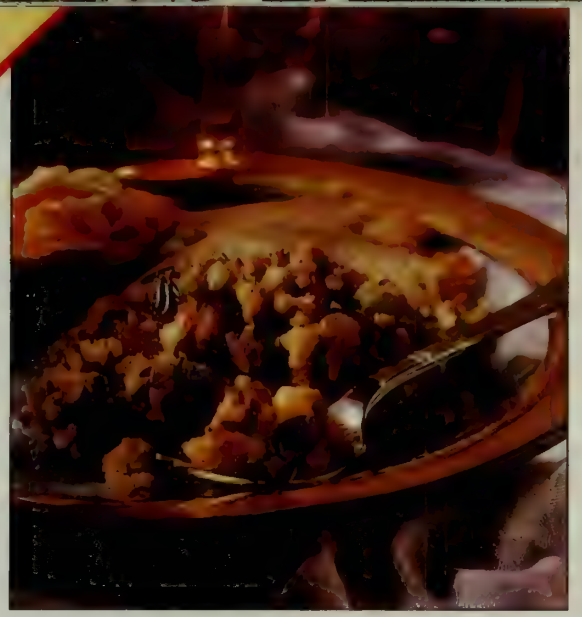

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WIN MONEY FOR YOUR RECIPES
See Page 192 For Details

PRIZE TESTED RECIPES®

SPECIAL HOLIDAY STUFFINGS

File under Poultry
November, 1991



$200 WINNER *J. Hill, Sacramento, Calif.*

CRANBERRY-HAZELNUT STUFFING

A special stuffing with a novel mix of ingredients: Cranberries, wild rice, hazelnuts, apples, sausage, and a splash of orange liqueur—

- ½ cup dried cranberries *or* raisins
- ¼ cup orange liqueur *or* orange juice
- 1¼ cups chopped celery
- 1¼ cups chopped onion
- ¼ cup margarine *or* butter
- 1 tsp. poultry seasoning
- 1 8-oz. pkg. herb-seasoned stuffing mix (2 cups)
- 2 cups peeled, chopped apple (2 apples)
- ½ lb. bulk pork sausage, cooked and well drained
- 1 cup cooked wild rice
- ½ cup chopped hazelnuts *or* slivered almonds
- ½ cup snipped parsley
- ¾ to 1 cup chicken broth
- Salt and pepper to taste

In a small saucepan bring cranberries or raisins and orange liqueur or orange juice to boiling. Remove from heat and set aside.

In a large skillet cook celery and onion in hot margarine or butter till tender. Stir in poultry seasoning; set aside. In a large bowl combine stuffing mix, apple, cooked sausage, wild rice, hazelnuts or almonds, and parsley. Stir in the cranberry mixture and celery-and-onion mixture. Drizzle with enough chicken broth to moisten, tossing lightly. Season with salt and pepper. Use to stuff one 8- to 10-pound turkey. *Or,* bake, covered, in an ungreased 3-quart casserole in a 325° oven for 40 to 60 minutes or till heated through. Makes 8 to 10 servings.

Nutrition information per serving: *376 cal. (39% from fat), 16 g fat, 12 mg chol., 9 g pro., 47 g carbo., 3 g dietary fiber, 771 mg sodium. U.S. RDA: 12% iron, 12% [illegible]*

Clip along here and file punched pages in your *New Cook Book.*

PRIZE TESTED RECIPES®

CELEBRATION APPETIZERS

File under Appetizers and Snacks
November, 1991



$200 WINNER *Kayleen Sloboden, Puyallup, Wash.*

TWIST-O-CARAWAY STICKS

Versatile puff pastry and cheese make up these fun appetizer sticks—

- 1 beaten egg
- 1 Tbsp. water
- 1 tsp. country-style Dijon mustard *or* prepared mustard
- ¾ cup shredded Swiss cheese (3 oz.)
- ¼ cup finely chopped onion
- 2 tsp. snipped parsley
- 1½ tsp. caraway seed
- ¼ tsp. garlic salt
- ½ of a 17¼ oz. pkg. frozen puff pastry (1 sheet), thawed

In a small bowl combine egg, water, and mustard; set aside. In a medium bowl stir together cheese, onion, parsley, caraway seed, and garlic salt. Unfold pastry sheet. Brush generously with the egg mixture. Sprinkle cheese mixture lengthwise over *half* of the rectangle. Fold plain half over cheese, lining up edges and pressing to seal. Brush top of pastry with egg mixture. With a sharp knife, cut pastry crosswise into ½-inch-wide strips. Twist each strip several times and place 1 inch apart on a greased baking sheet, pressing ends down. Bake in a 350° oven for 18 to 20 minutes or till light brown. Serve warm. Makes about 18 appetizers.

Nutrition information per serving: *82 cal. (60% from fat), 6 g fat, 16 mg chol., 3 g pro., 5 g carbo., 0 g dietary fiber, 113 mg sodium.*





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CELEBRATION APPETIZERS

File under Appetizers and Snacks
November, 1991



$100 WINNER *Lois M. Willis, Mesa, Ariz.*

ELEGANT SHRIMP WITH MUSTARD CREAM SAUCE

Wrap snow peas around succulent shrimp and serve with a creamy mustard sauce for beautiful hors d'oeuvres—

- **1½ lb. medium shrimp (about 36), peeled and deveined**
- **36 fresh pea pods (about 1½ cups)**
- **2 Tbsp. margarine *or* butter**
- **4 tsp. all-purpose flour**
- **½ cup half-and-half *or* light cream**
- **½ cup dairy sour cream**
- **¼ cup white wine vinegar**
- **2 Tbsp. Dijon-style mustard**
- **¼ tsp. dry mustard**
- **½ tsp. pepper**
- **1 Tbsp. capers, drained (optional)**

In a large saucepan cook shrimp, uncovered, in a large amount of boiling water about 2 minutes or till pink. Drain and set aside. Cook pea pods, covered, in a small amount of lightly salted, boiling water for about 3 minutes or till tender. Drain, rinse, and cool. Wrap pea pods around the middle of the shrimp. Secure with wooden picks. Cover shrimp and chill.

For sauce, in a small saucepan melt margarine or butter. Stir in flour. Add half-and-half or cream all at once. Cook and stir over medium heat till thickened. Cook and stir 1 minute more. Remove from heat. Stir in sour cream, vinegar, mustards, and pepper. Pour into a serving bowl; cover and chill till ready to serve. Sprinkle with capers, if desired. Serve shrimp with sauce. Makes 36 appetizers.

Nutrition information per appetizer: *29 cal. (56% from fat), 2 g fat, 17 mg chol., 2 g pro., 1 g carbo., 0 g dietary fiber, 53 mg sodium.*

Buying information, page 146.

PRIZE TESTED RECIPES®

HOLIDAY STUFFINGS

File under Poultry
November, 1991



$100 WINNER *Vicki Combs, Owensboro, Ky.*

SOUTHWESTERN CORN STUFFING

Spice up your holiday dinner with this Mexican-style corn bread stuffing—

- **6 cups crumbled corn bread**
- **1 17-oz. can cream-style corn**
- **2 4-oz. cans chopped green chili peppers *or* one 4-oz. can chopped green chili peppers *and* 1 to 3 tsp. chopped, seeded jalapeño peppers**
- **1 4½-oz. can chopped ripe olives (optional)**
- **¾ cup shredded Cojack cheese**
- **½ cup finely chopped onion**
- **½ cup chopped red *or* green sweet pepper**
- **1 Tbsp. snipped cilantro *or* parsley**
- **1 beaten egg**

Place corn bread in a 15x10x1-inch baking pan. Bake in a 350° oven for 30 minutes or till toasted, stirring every 10 minutes. Remove corn bread from oven and cool.

In a large bowl combine corn, *drained* chili peppers, olives, cheese, onion, sweet pepper, cilantro, and egg. Mix well. Add the corn bread; toss to mix. Use to stuff an 8- to 10-pound turkey. *Or,* bake, covered, in an ungreased 2-quart casserole in a 325° oven for 45 to 60 minutes or till heated through. Makes 8 to 10 servings.

Nutrition information per serving: *214 cal. (35% from fat), 9 g fat, 68 mg chol., 7 g pro., 30 g carbo., 3 g dietary fiber, 751 mg sodium. U.S. RDA: 14% calcium, 14% vit. A, 59% vit. C, 10% thiamine, 16% riboflavin, 11% niacin.*

Photographs: Scott Little

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13 TO 20 LBS	3

1. For each package, stir contents of vegetables/seasonings packet, 1/4 cup margarine and 1-1/2 cups hot water in large bowl.
2. Stir in stuffing crumbs. DO NOT STUFF BIRD UNTIL READY TO ROAST.
3. Rinse bird; pat dry. Stuff lightly with prepared stuffing; close openings with skewers. Roast as directed on poultry wrapper.
4. Bake remaining stuffing in covered baking dish with bird 30 minutes. (Recipe also on box.)



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The new machines are decidedly "user-friendly." You'll have them up and running literally in minutes, and easy-to-follow tutorials, built into the systems, walk you through the basics.

With practice, even the most diehard technophobes will soon be handling everything from office work and home finances, to school assignments, household inventories, and games. Also on tap: direct telephone hookups to news, shopping, computing friends, and a host of other information and communication networks outside the home.

We had the chance to "test drive" three of the most popular new models—the IBM PS/1, the Mac Classic from Apple, and the Tandy 1000. Although models of each brand come for less than $1,000, we opted for top of the line ($1,500–$2,000 list): hard-disk drives, for greater storage capacity and easier use, and color monitors where available.

You'll be able to do plenty even with lower-cost versions, but consider the trade-offs we discuss below. Also, although higher-end models may be discounted, remember that a little extra cost may be worth the dealer backup provided. Try other brands, too; there are lots of new entries.

IBM PS/1

A flick of a switch, and up pop four brightly colored panels—labeled Information, Your Software, IBM DOS, and Microsoft Works—on the PS/1 screen. Just click the "mouse" (a small, separate, two-button device) or touch buttons on the keyboard to move the white arrow (cursor) into a panel. You're ready to start.

With the cursor, you glide between programs that use pictures and easy-to-understand prompts, called menus, in everyday language. (So much for computer illiteracy!)

Every PS/1 includes Microsoft Works software, a comprehensive program that allows you to do correspondence and other word-processing, plus create spreadsheets and databases—made-to-order for home office work. With all these machines, you'll need to pay extra for a printer—from $300 to $800 or more, depending on quality and speed.

The PS/1 built-in modem, or telephone link, lets you access interactive services outside the home. One such service, Prodigy, comes with the PS/1, offering all sorts of information, from news to weather to an encyclopedia and educational programs for kids. You also can shop by computer, order air tickets at the best available prices, communicate with friends, and get help through the User's Club. Prodigy comes free for three months, but then costs $12.95 a month. IBM also operates an 800 help line.

List: $1,999 (hard-disk drive, color monitor). One-year warranty; 48-hour express-service parts replacement, door to door.

APPLE MAC CLASSIC 2/40

Apple pioneered the use of icons (pictures) and plain-language menus to replace complicated codes—a real breakthrough for folks with computer phobia. Then the company slashed prices, bringing the Mac mystique well within reach for most families.

Power and flexibility are the prime strengths of the Mac Classic 2/40. It has considerably greater capacity to do more things and run more complex software than the PS/1 or Tandy 1000 RLX—although you can add some power to each, at extra cost. The mouse and easy-to-follow prompts also make the Classic very simple to use. The downside (for some) is its 9-inch, monochrome (black-and-white) monitor. Still, it's a fun-to-use workhorse for anyone seeking versatility and computer capacity—writers, home-office workers, and the like. For best use, don't choose bottom of the line; get the hard-disk drive version.

Unlike the PS/1 and 1000 RLX, the Mac Classic does not come with basic software; you must buy programs separately, but that gives you lots of choice. One popular mix is the *Smart Bundle*, from T/Works Software, for about $300. It's four pro-

continued on page 200

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HOW TO ORDER

SWEET SENSATIONS

(Pages 153-162)



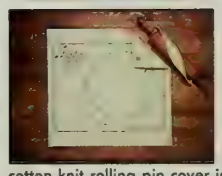
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THE NEW COMPUTERS

continued from page 199

grams in one, like Microsoft Works, and should handle most basic needs—and then some. A modem for outside hookups also costs extra—$250 and up. Local dealers and an 800 help line provide plenty of technical support.

Note: If you use an IBM-based PC at the office and want to do work at home on floppy disks, you'll have to reformat the disks, using the built-in Apple SuperDrive. It takes a bit of time, but is simple to do. Also, many schools use Apple II programs, which cannot be run on the Classics.

List: $1,499 (hard disk, black-and-white monitor); software and modem extra. One-year warranty.

TANDY 1000 RLX

The RLX comes loaded with Tandy's Deskmate and Deskmate Home Organizer programs. Using pictures, relatively easy-to-understand language, and a mouse, the machine gets you right into different household and other tasks. You can pull up recipes from a built-in cookbook, for example, plus plan meals and prepare grocery lists. You also can itemize expenses, make diary entries (with private passwords), figure loan payments, and list household inventories. And, there's an electronic bulletin board for family messages.

Although not as sophisticated as Microsoft Works, DeskMate offers letter-writing, spreadsheet, and database capabilities. Like the Mac Classic, the 1000 RLX has 40 megabytes of memory. That's the equivalent of more than 15,000 pages, and it's great for number crunching. (The top model PS/1 provides 30 megabytes.)

One fun feature on the 1000 RLX is the built-in microphone that lets you record or play back sounds, including speech, then "computerize" and rearrange them. The color monitor is not quite as sharp as the one with PS/1.

An optional modem costs $149, and that gives you access to the Tandy Hotline. There is also support by phone during business hours (you pay for the call), plus help from your nearest Radio Shack.

List: $1,599, with color monitor; optional modem, $149.

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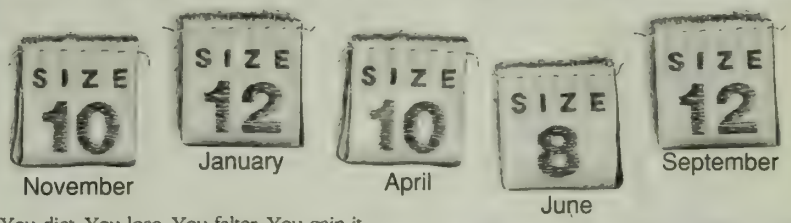
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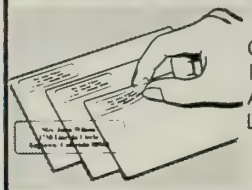
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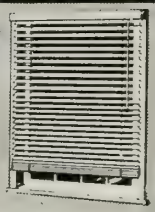
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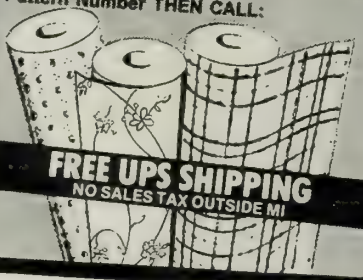
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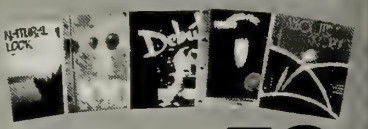
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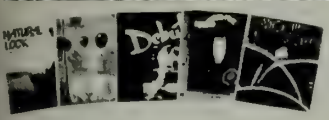
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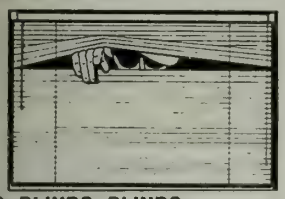
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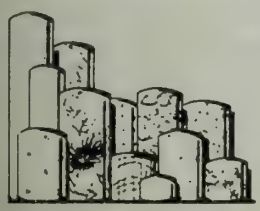
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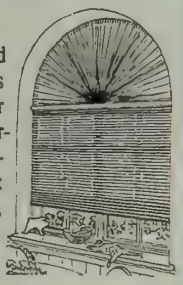
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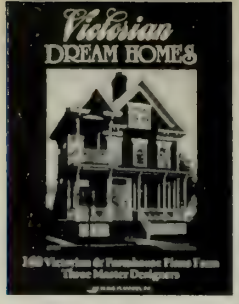
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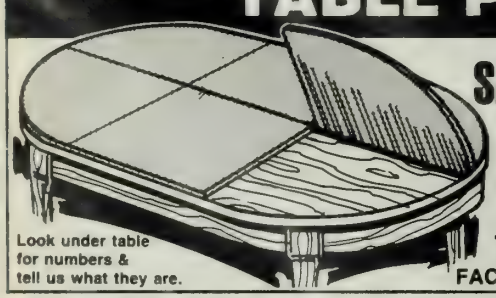
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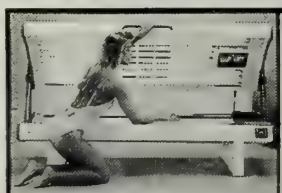
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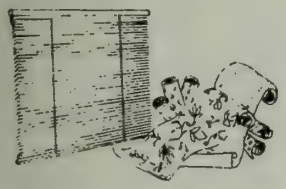
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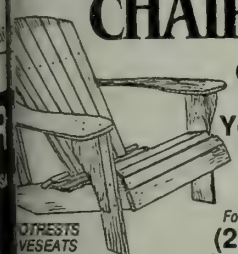
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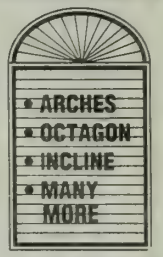
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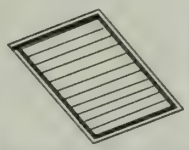
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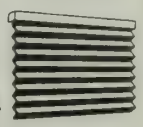
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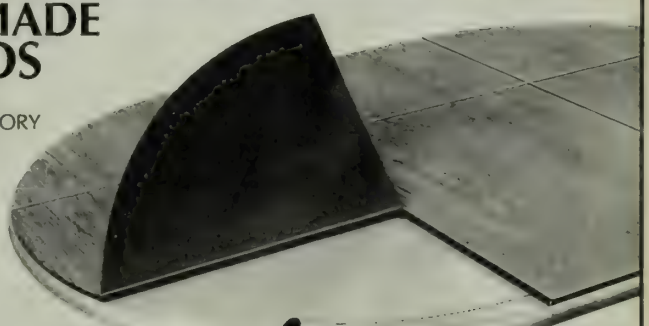
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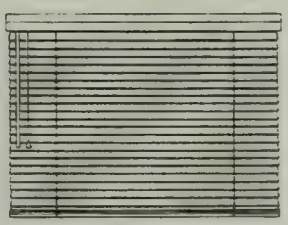
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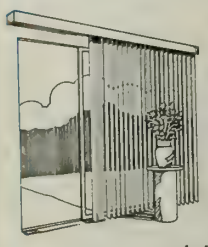
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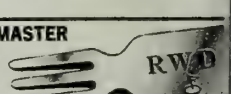

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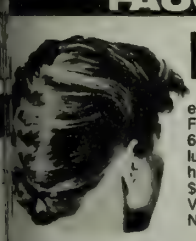
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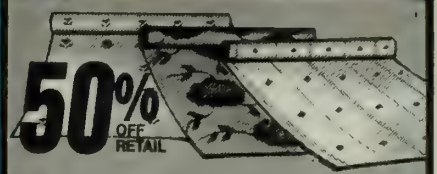
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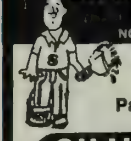
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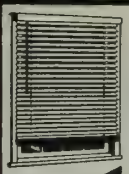


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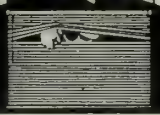
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NOVEMBER 1991

■ After I related how "tough" I had it as a kid, Burt, Jr., put an arm around me and consoled: "It's OK, Dad, you're living with us now."

■ Among the advantages of using the expensive china for Thanksgiving dinner, confides slightly clumsy Bill Norman, is that he's never been asked to do the dishes afterward.

■ Despite vows of secrecy about Dad's birthday plans, he was barely surprised when we sprang the bash. "After 70 years," he explained, "very little surprises you."

■ Frequent travelers John and Betty Miller report that one of the rewards for getting to the airport an hour early is that you are among the first to learn that your flight has been cancelled.

■ "Let's get this place cleaned up, guys," Chris cajoled the other day. I recognized her "guests are on the way" tone and asked who was coming. "The cleaning lady," she replied.

■ Our Rosemary promised to write home at least once a month during this school year, prompting Christine and me to realize that the year is costing us about $900 per letter.



"Can't you sign my report card without tear stains?"



"You gotta be kidding! Turkey ham?"

■ Builder Milo Schalla confides that he was in such a hurry one morning, he mistook the TV remote control for his beeper. "Most productive day I've ever had," he added.

■ Ned Carter declares that if our local traffic congestion gets any worse, he's going to have to stop having bran cereal and coffee for breakfast.

■ Christine likes to dress professionally, but says that nothing improves her "success look" better than a recent commission.

■ Health is more and more a habit around here. Recently, at a neighbor's party, I realized that the old saying needs updating: The water was flowing like liquor.

■ Lee Bayless claims he's stopped listening to weather reports. He'd rather just take his chances with whatever shows up than have his weekend plans ruined in advance.

■ The chief maintenance engineer at my downtown office building has a long-standing reputation for solving problems, although he confides that half the successes are achieved simply by assigning the problem to the crew on the night shift.

Fall blew back into town today after a short vacation. Sharp breezes stirred the trees, whirling crisp fallen leaves into a frenzy. The kids were gone, leaving Chris and me to welcome our seasonal guest. We took a long walk in the woods down by the river. The soft ground preserved our footprints beside a tangle of animal tracks.

At Chris' insistence, we crossed a brook, using a fallen log as a bridge. As I alighted behind Chris, I stumbled into her and the two of us careened down the bank clutching each other. By the time we stopped—laughing, not careening—we were out of breath. Silently, we lay on the damp earth staring up at the bare trees against the slate-gray sky.

For those few seconds, I had a feeling of peacefulness that's breathtakingly rare in my life. Over the years, I've come to the conclusion that you can't set out to find this feeling of inner peace. You can't design a plan to garner it. You have to stumble upon it. Let us give thanks for our missteps.

Burton Hillis


0 HOMEMADE HOLIDAY RECIPES
COOKIES! p. 122
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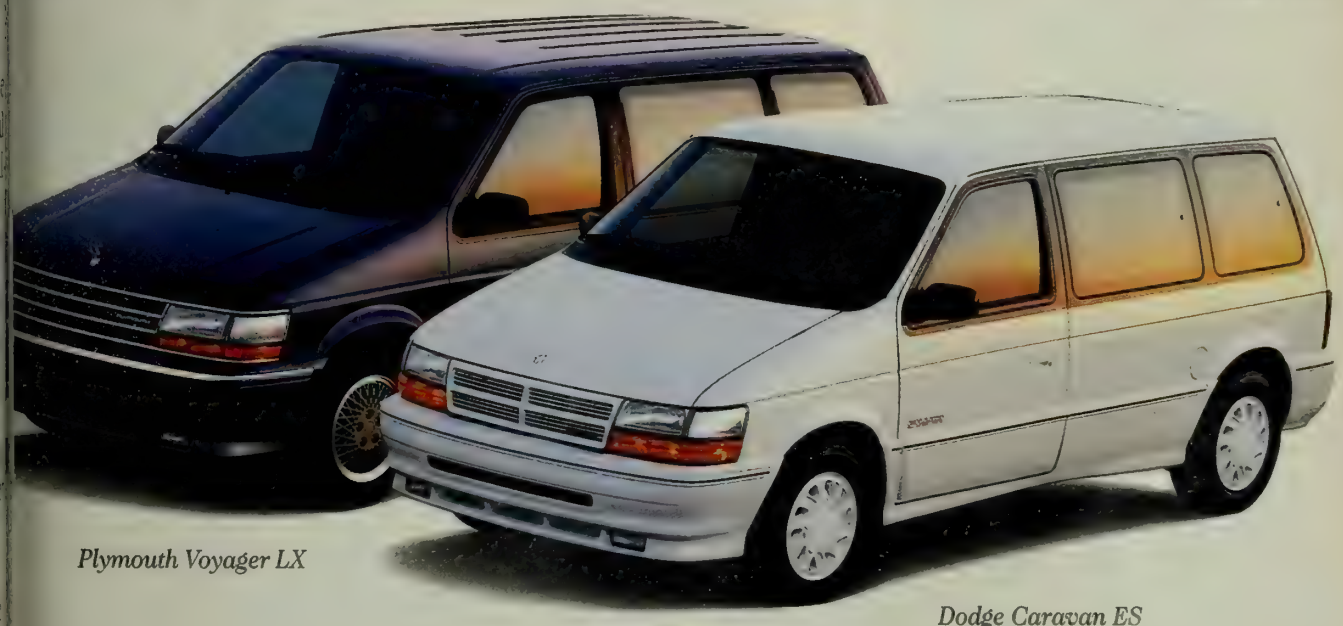
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COVER CREDITS Photograph: PERRY STRUSE; Inset photograph: BILL STITES

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HOW'D YOU DO YOUR DOLE TODAY?™



When you don't stand up to a bigot's racist remarks, he or she might think that you agree.

Deborah F. Dedrick
Houston, Tex.

Like you, we had a relative who made ethnic jokes and racial slurs. So I took him aside at a picnic and assured him that I knew he didn't mean any harm, but that my children were impressionable at their age. I said I didn't want them exposed to such language and stories. He complied.

Kendel Yackeren
Boalsburg, Pa.

My husband and I have relatives who make racist remarks. Our solution was to voice our disagreement in front of the children. We look at every uncomfortable situation as a learning experience for our kids.

Sharon Jackson
Arnold, Mo.

I would rather alienate a relative than have my children think I condone prejudicial remarks.

Anne-Marie Mastraccio
Sanford, Maine

POP THOSE BALLOONS!

Several readers objected to an August letter in which a mother described how she ties a balloon to her daughter's wrist to keep track of her while shopping. Here's what one reader said:

No mother in her right mind would let her child out of her sight even if she had 10 balloons tied to her wrist. Anyone can cut a balloon and take your child away within seconds.

Mrs. Luise Le Vicchi
Maplewood, N.J.

FAMILY NETWORK®

READERS' SOLUTIONS TO FAMILY AND COMMUNITY PROBLEMS

ENDING RACIST REMARKS

Hundreds of readers responded to the April Family Network *letter from Michelle Morin asking for advice on how to handle a relative's racist remarks. Here's what a few had to say:*

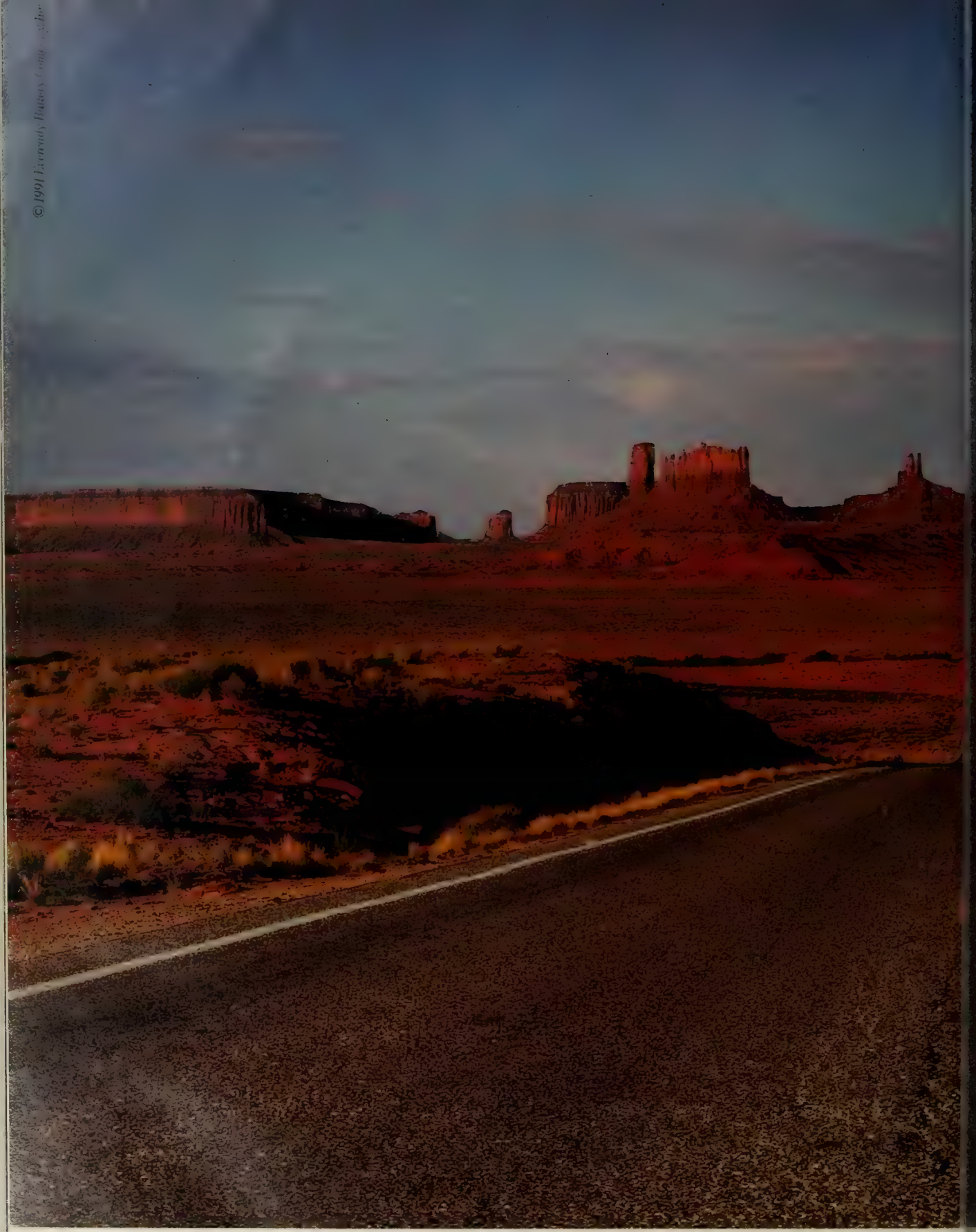
I am a 41-year-old black woman who attended a predominantly white, midwestern university. My Caucasian roommate's best friend would indulge in racial slurs every time she entered our dormitory room. I told her that her remarks were offensive and off-limits in the room. Stand up to your relative.

Victoria L. Price
Washington, D.C.

WRITE TO US

Family Network welcomes letters describing how you solved problems involving your family or your community, or letters asking for help with an unsolved problem. Write to Family Network, *Better Homes and Gardens*, 1716 Locust St., Des Moines, IA 50336. Letters may be edited for space. All letters become the property of *Better Homes and Gardens*®. We will pay $50 for each letter published.


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EDITOR'S LETTER

DECEMBER 1991



PERRY STRUSE

LET'S BRING CHRISTMAS TO ALL THE CHILDREN

Dear Readers,

A Child's Christmas is the theme of this December issue, epitomized by the beautiful, golden-haired children in the photo above and on our cover. They are the vision of everything we want for the children in our lives—lovely and healthy, happily trimming the tree in a warm and cozy home.

I only wish that this idyllic vision extended to all the children in our country. Of course, it doesn't. In fact, it is becoming increasingly dangerous to be a child in America: 500,000 of our children are homeless; half of those children are under the age of five; and one in five kids in the U.S. lives below the poverty line.

These distressing statistics and the sad, frightened little faces that I see when I visit homeless shelters make my heart ache. It surely makes more sense to help kids develop into productive adults than to ignore them now and pay the much higher societal costs later.

Three years ago, in our belief that healthy, successful kids come from healthy, successful families living in a stable home, we started The Better Homes™ Foundation to help homeless families across America. We asked for your help and you've responded generously. So far you've made donations of more than $3 million.

We've put that money to work in 56 programs spread over 26 states. Thousands of homeless families have been helped, especially moms and kids. You can read a few of our many success stories in the article on *page 39.*

Again this year Hanes will help our cause when you buy their products for your family—everything from socks to sweats, those warm, cozy basics so comforting to find under the tree. Here's how the Hanes offer works: from November 3 to January 18, you can get rebates for as much as $12 on Hanes products—$6 each from both Hanes and Hanes Her Way.

You'll see counter cards on Hanes displays in the stores where you shop. Take one of the coupons from the counter card, fill it in and send it to Hanes, along with your proof of purchase, to get your rebate. Or, use the coupon in the Hanes ad on *page 41.*

For each coupon they receive, the folks at Hanes will send 10 cents to The Better Homes™ Foundation. There's a box on the coupon that you can check if you want to send your entire rebate to The Foundation—a pretty painless way to contribute.

You can also send one of our Foundation holiday ornaments to someone you care for by making a $50 donation in that person's name. And, it isn't too late to order gifts from the Foundation catalog in our October issue.

I know you'll want to share the richness of your lives with those sweet children and their families all over our country who otherwise won't have much to celebrate this holiday season.

David Jordan

David Jordan, Editor in Chief

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Shown smaller than actual size of 13½ inches tall. Complete with bear and doll stand.

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A6591-C3B

"He's my really specialest friend, and I take him everywhere..."



Wherever little Evie goes, one thing's certain: her beloved "Boo Bear" always tags along. He's such a timeworn fellow that it's hard to believe he was once a brand new gift from Grandma. Nowadays, his bow is long gone, and so is one eye...but Evie's love for "Boo" is as constant as ever.

"Boo Bear and Me" is the first issue in the *My Closest Friend* porcelain doll collection, depicting toddlers with their most cherished toy companions, from artist Jan Goodyear. "Boo Bear and Me" represents the centuries-old tradition of classic character dolls that so often become cherished family heirlooms.

Quality Craftsmanship in Every Detail

"Boo Bear and Me" is crafted with head, arms, and legs cast of bisque porcelain, skillfully sculpted so she may be posed with her thumb in her mouth, then hand-painted to capture Evie's contented expression. Her hand-set blue eyes add real personality. Evie's one-piece cotton-blend playsuit features a delicate floral print, with pale pink collar and sleeves, trimmed with matching pink eyelet and tiny satin bows. Her beloved "Boo Bear" is crafted of terry cloth, with one movable eye, and the other eye "repaired" with embroidery as if by Evie's mother herself.

Each doll bears the signature of the artist, is hand-numbered, and comes with a matching Certificate of Authenticity.

Evaluated against *The Uniform Grading Standards for Dolls* developed by the Ashton-Drake Galleries, "Boo Bear and Me" has earned the *Standards'* highest rating for artistry and craftsmanship—Premiere Grade.

A Collectible Doll with Investment Potential

The doll you buy today may be a wise investment for the future. Once an edition is sold out, those who want a doll from the edition must pay whatever the market will bear, if and when one becomes available from dealers or at auction. That's why fine collectible dolls so often sell for more than their original prices within only a few years of being issued.

Of course, not all dolls increase in value; values can go down. But dolls of superior artistry and craftsmanship—such as "Boo Bear and Me" and other Premiere Grade dolls—have excellent potential to appreciate.

Bear in mind that "Boo Bear and Me" is the first issue in an important new collection of child dolls, like the exceptional sold-out dolls in the chart below. "Boo Bear and Me" has similar credentials that make her potential for market success also seem promising.

Recommended and guaranteed by the Ashton-Drake Galleries, "Boo Bear and Me" can be yours to cherish for only $78.00—an extraordinary value for a doll of this quality. To order, simply complete and mail the attached Reservation Certificate. But hurry..."Boo Bear and Me" is issued in an edition ending forever in 1991, after which molds for this doll will be broken and no more porcelain will ever be cast. Order today.

Doll	Position in the Collection	Edition End	Issue Price	Average Market Value*	Change
"Little Bo Peep"	First	1987	$58	$345	+$287
"Chen"	First	1989	$78	$213	+$135
"Meagan"	First	1989	$87	$132	+$45

*Source: April, 1991 survey of registered sales by select leading doll dealers nationwide. Actual resale prices may vary.

RESERVATION CERTIFICATE
THE ASHTON-DRAKE GALLERIES
200 North Maryland Avenue
Niles, Illinois 60648-1397

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PLEASE RESPOND BY:
December 31, 1991

YES, please enter my reservation for "Boo Bear and Me," first issue in the *My Closest Friend* collection. Limit: One doll per customer. I understand that I need SEND NO MONEY NOW. I will pay for "Boo Bear and Me" in four convenient monthly installments of $19.50* each, the first being billed before shipment.

My satisfaction is unconditionally guaranteed. I understand that I may, for any reason, return "Boo Bear and Me" to the Ashton-Drake Galleries at any time within *one full year* after I receive her for a refund or credit of the full purchase price, including postage.

X _____
Signature Date

_____ ( )
Name (please print) Telephone

_____
Address Apt. No.

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City State Zip

*Plus a total of $3.94 home delivery fee and any applicable state sales tax. Please allow 4 to 6 weeks for delivery. Canadian price: $87.00 plus postage and handling and any applicable sales tax.

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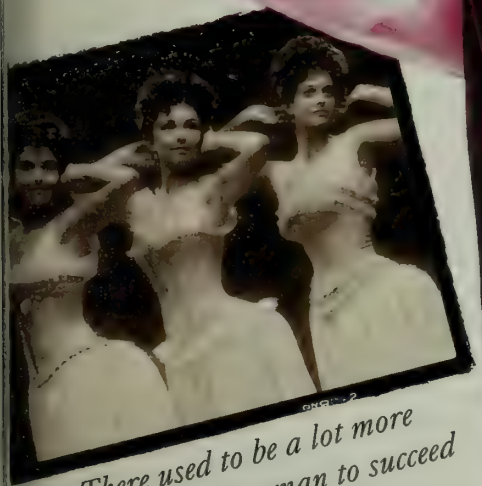
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Houseplants in the Holiday Spirit

BY JANE AUSTIN McKEON



PHOTOGRAPH JON JENSEN REGIONAL EDITOR BONNIE MAHARAM

Let colorful gifts of nature be the centerpiece of your holiday decorating.

Visit a local florist's shop or greenhouse to see what festive plants are available in your area.
For mail-order sources, check the Buying Guide on page 111.


Holiday
Houseplants

NEW TRADITIONS IN POINSETTIAS

Bright, new traditions are blooming in the poinsettia family. Once available only in red, this popular holiday plant now comes in white, pink, and yellow. Lingering into the new year, the sunny blooms of Lemon Drop poinsettias (*left*) are welcome guests long after the yuletide celebrations are over. You can ensure a lasting show by shopping for plants with small green "buttons" in the center of the colored bracts. These buds will open into the true flowers. Displaying poinsettias near a bright north window highlights the colors without fading them.

MAGICAL BLOOMS OF AMARYLLIS

The magic of the season fills a room when amaryllis bulbs burst into bloom. Clusters of Apple Blossom amaryllis (*below*) last as long as three weeks. Plant the bulbs (one per pot) about six weeks before you want them to flower. Or buy pots of ready-to-bloom bulbs. For blossoms the following year, cut off flower stalks when they fade. In the spring, sink the pot in a shady garden area and keep it moist. Before the first fall frost, bring the potted bulb indoors and stop watering; store it in a dark place for six to eight weeks. Repot for winter bloom.



PHOTOGRAPHS: JON JENSEN

Holiday Houseplants



PHOTOGRAPH: JON JENSEN

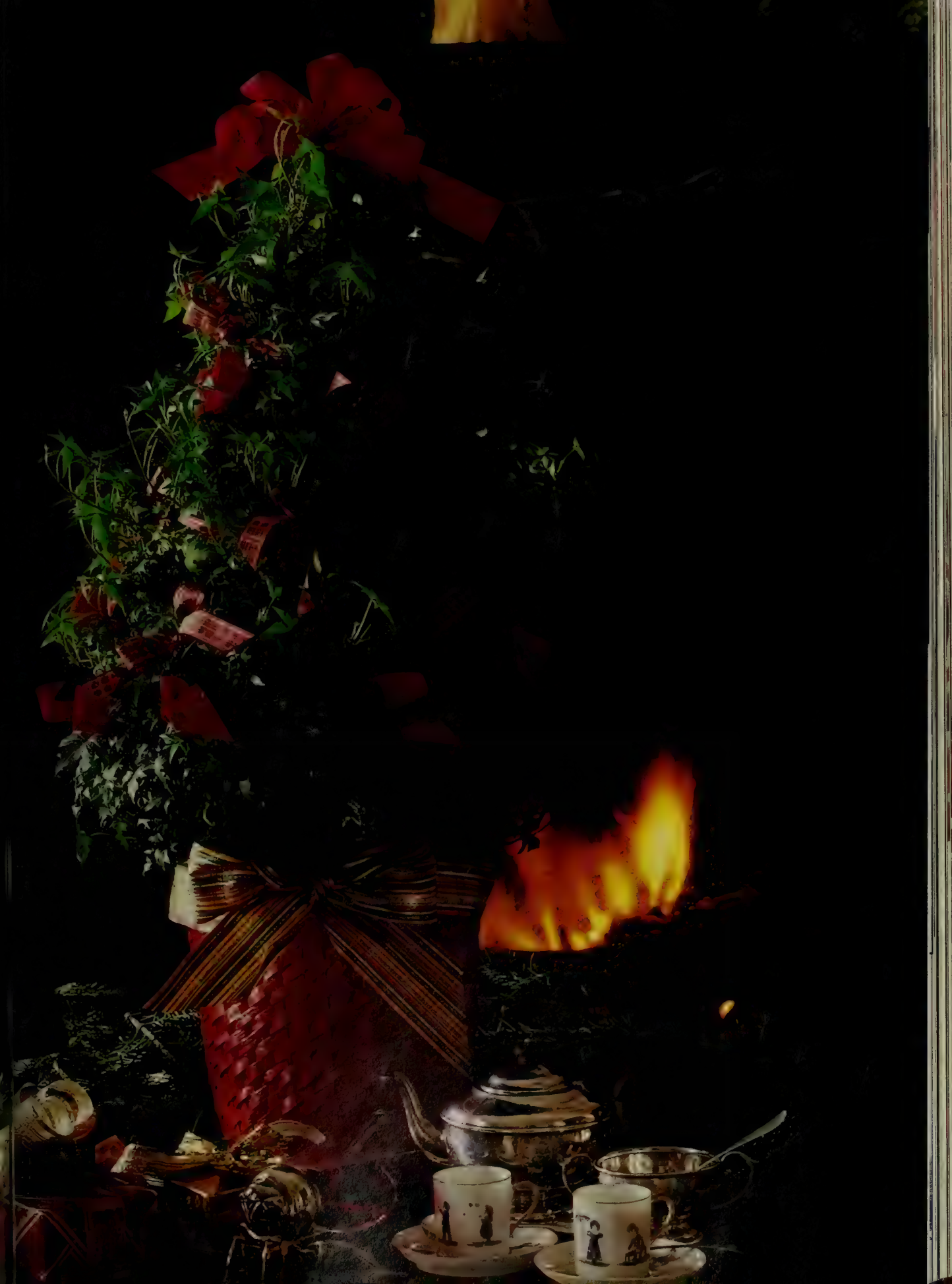
HALLELUJAH FOR HIBISCUS

Houseplant lovers are singing the praises of hibiscus. Individual blooms on this tropical beauty perform for only a day or two, but a steady supply of flower buds offers continuous color for months. For an exotic holiday arrangement, select a red-flowering variety and embellish it with ribbons, evergreen sprigs, and pinecones. To prolong the festive display, place your hibiscus in a bright, south window. Keep soil evenly moist and humidity high to prevent buds from dropping off before they open.

IVY TOPIARY CHRISTMAS TREE

Not all Christmas trees come from the forest. Standing just 22 inches tall, the potted tabletop tree (*right*) is actually an ivy topiary, trained into the shape of a miniature evergreen. Ivy topiaries are available pretrained. Or you can mold your own tree with chicken wire. Fill the form with moistened, long-fibered sphagnum peat moss and insert cuttings of English ivy. For the finishing touch, trim your tiny tannenbaum with bows of holiday ribbon and sink the pot in a bright basket.

PHOTOGRAPH: BILL STITES



Holiday Houseplants

THE BEAUTY OF BONSAI

Bonsai, the ancient Japanese art of training small trees and shrubs into interesting shapes, is charming its way into American holiday customs. Placed near a chilly window, this little bonsai juniper thrives in its silvery winterland scene of snowflakes and tinsel. Bonsai kits are available, but a pretrained plant creates an instant masterpiece. To keep a bonsai in good shape, prune it occasionally and summer it outdoors in a shaded area.



SPIRITED CYCLAMEN

Flowering houseplants that are available year-round get into the spirit when they're decked out in holiday attire. Clustered in a basket and tied with a bow, these merry red cyclamen are the life, not the wallflower, of the party. Cyclamen will put on a dazzling display for months. Other colors include: pink, white, lavender, and bicolor.



PHOTOGRAPHS: BILL STITES

HOLIDAY HOUSEPLANT CARE

- **Protect plants when you transport them in cold weather by wrapping them in heavy paper or plastic. Never leave plants in a chilly car while you do additional shopping. A temperature below 50 degrees F. can damage tender flowers and foliage.**
- **Water plants thoroughly as soon as you get them home. Moisten the soil until water drips through the pot's drainage holes; empty excess water from the saucer.**
- **Feed flowering plants with a balanced houseplant fertilizer every two weeks to prolong blooming.**
- **Avoid placing plants near drafts, radiators, and hot air registers. Most plants perform best when room temperatures remain within a range of 60 and 72 degrees F.**
- **Don't leave your plants high and dry if you go away for a few days during the holidays. Group pots to raise humidity, and water them thoroughly before you leave. Keep your house cool by setting the thermostat at about 60 degrees F.**
- **Check plants daily for insect pests. At the first sign of an invasion, try washing the bugs off with a gentle spray of tepid water.**

Ford introduces what you've always wanted: A living room with an air bag.



The interior could be in a luxury sedan. *If* sedans were this spacious.

But, all the comfort of a living room is indeed in a minivan. Aerostar. The "king of capability." Now, the one that can tow a 2-ton boat can spoil you with roominess and style.



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Ford

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"Sleighride Home"

In full color on fine porcelain
Shown smaller than actual
diameter of 8½ inches
Banded in 22-karat gold

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You can almost hear the sleighbells ringing... a Bradford Exchange recommendation



Christmas Delivery Guaranteed On Orders Received By December 10, 1991

A Christmas Eve in the America of long ago. The last rosy tints of sunset shine through the falling snow. The stage is set for a perfect celebration. This is "Sleighride Home," by beloved landscape artist Thomas Kinkade and re-created in a fine-porcelain collector's plate. "Sleighride Home" is available now – and it looks like a smart buy. Here's why Bradford recommends it:

"Sleighride Home" is an important first issue, the first plate in the *Home for the Holidays* collection from Knowles China, an affiliate of the Bradford Exchange.

It's an impressive work of art, created from an original work by artist Thomas Kinkade. Attesting to its importance, each plate will be hand-numbered and accompanied by a Certificate of Authenticity.

It has the potential to appreciate in value. The edition of "Sleighride Home" is limited to a maximum of 150 firing days. Once the edition closes, collectors' demand could exceed the supply of plates and force asking prices up.

The Bradford Exchange—picking winners since 1973. Worldwide, limited-edition plates are the *only* collectibles traded on an organized exchange. And with offices in the United States and nine foreign countries, Bradford is at the very heart of this exciting international market. That means Bradford analysts can often spot trends in the making.

If, for example, you had followed one of our major recommendations in 1974, you would have bought the first issue in the Rockwell Society Christmas series at just $24.50 – a plate that now trades at $100.00.* More recently, if you had acquired "Holiday Skaters," an exceptional Christmas plate from W. S. George's Scenes of Christmas Past series, you would now own a plate valued at 255% of its 1987 issue price.

Like any marketplace subject to the laws of supply and demand, the plate market is ever changing. While some plates go down and many remain at or near issue price, some exceptional plates appreciate in value. Right now, Bradford Exchange analysts rate "Sleighride Home" as one of the year's top prospects...and we'll back up your purchase with our unconditional 365-day guarantee.

To acquire "Sleighride Home" at its $29.90 issue price – backed by our 365-day guarantee – simply fill out and mail the order form provided. *Send no money now.* You will be billed when your plate is shipped. But don't delay. The time to get "Sleighride Home" is now – *before* it has a chance to increase in value.

*Reflects last trades on the exchange as reported in the Bradford Exchange Market Report, Volume III-7.

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KXG-806

A BRADFORD EXCHANGE APPROVED RECOMMENDATION

"Sleighride Home"

The Bradford Exchange
9345 Milwaukee Avenue, Chicago, IL 60648

Please respond by: December 31, 1991

Christmas Delivery Guaranteed on Orders Received By December 10, 1991

Please enter my order for "Sleighride Home." I understand I need SEND NO MONEY NOW. I will be billed $29.90,* when my plate is shipped. *Limit: one plate per customer.*

Signature

Mr. Mrs. Ms. (Circle One) Name (Please Print) ( ) Telephone

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*Plus a total of $3.49 postage and handling, and sales tax where applicable. Pending credit approval. The plate price in Canada is $39.90.

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Within one full year after you receive your plate, you may resell it to us if for any reason you are not completely satisfied. We will issue you a refund check (or credit your account if you paid by credit card) for everything you have paid, including postage.

KIDS IN PUBLIC

Guidelines for getting your children to behave



STEVE BJORKMAN

In the hurried pace of holiday shopping, when department stores are crowded with people and eye-catching displays, it's easy to lose your cool with misbehaving children. Still, you don't have to create an embarrassing scene each time you go shopping with your kids. Here's a plan you can use year-round to deal with your children in any public setting—and help them learn the value of self-control at the same time.

How *not* to handle your kids. Several months ago, I was waiting in line at a large department store when a young couple came in with their son. He must have been about 2 years old. The mother talked with a clerk as the father held the child in his arms. The only problem was that the little guy wanted out—in a hurry. He began squirming and pushing away from Dad, who held on while trying to distract the child. It was to no avail. The boy, typical for his age, continued to struggle and protest, becoming more and more frustrated by the second.

Finally, Dad sat him on the counter and said, "Hey, Justin, how about if you and I go pick out a toy, OK?"

That must have sounded good to Justin because he stopped crying and, still sniffling, nodded yes. So Dad told Mom they'd meet her in the toy department in 10 minutes. Unfortunately, Justin's parents will pay dearly for that trip to the toy department for months, maybe years, to come.

Tips for controlling kids. For obvious reasons, kids are far more difficult to handle in large public places than in the relative confines of home. And, sad to say, there's no easy way to stop your child's public shenanigans completely.

There are, however, things you can do to bring your child's public behavior under control—even in the worst situations imaginable. Here are a few suggestions:

- In advance, tell your child the purpose of the outing, so he or she knows what to expect and, perhaps even more important, what *not* to expect.
- Do not make promises of, "If you're good, we'll buy you a such-and-such." Deals of this sort teach your child to expect rewards for simply behaving well. Kids need to learn that good behavior is its own best reward.
- You can save yourself a lot of grief if you don't teach your youngster to expect a goodie every time the family goes shopping. In fact, I advise just the opposite—teach your children to expect only basic necessities. That way, they'll never acquire the habit of constantly pleading for toys and so on during shopping trips. They'll also be surprised and thankful on those occasions when you do present them with something special.
- Just before going into the shopping center or restaurant, remind your child of a few simple rules, such as, "Stay with me, talk quietly, and look but don't touch anything."
- When rules are broken, or need to be created on the spot, immediately take your child aside to get the rules straightened out. Do this in an area that's free of distractions.
- Avoid places where toys and candy are sold. If possible, don't even walk through such areas with your child.
- If your child starts screaming or acting out of control, go quickly into a remote area of the store and stay there until the tantrum subsides or you reestablish control. The quicker you stop the momentum of the child's misbehavior, the better. If things don't improve, consider taking your child outside the store for a while. As a last resort, head for home.
- Abandoning a shopping cart of groceries or a table of restaurant food to regain control over your child may seem drastic, but I know from personal experience that it pays off in the long run. On one occasion, I removed my daughter, Amy, then 6, from a restaurant and sat in the car with her until the rest of the family had finished eating. Then we went home. The minor inconvenience to me was well worth the lesson it taught Amy.
- For emergencies, carry a fake nose-and-glasses set. If all else fails, put it on and quickly retreat into anonymity.



—Family psychologist John Rosemond's most recent book, Parent Power! *(Andrews/McMeel), can be found in bookstores throughout the country.*


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BY JOHN B. THOMAS

YEAR-ROUND SCHOOLS

How a new calendar would change life for your kids



STEVE BJORKMAN

Year-round schedules hold many changes for schoolkids.

Children going to school all year-round? If the idea hasn't come to your town yet, it soon will. More than a million students nationwide have already waved goodbye to the traditional school year with its summer-long break. Replacing the old calendar is a variety of new school schedules that add up to more frequent, yet shorter, vacations. Here's how year-round schooling could dramatically affect your child's education—and your family's lifestyle.

How it works. People often confuse year-round education with an extended school year. Actually, says Dr. Charles Ballinger, executive director of the National Association for Year-Round Education, only nine of the more than 1,600 year-round schools have lengthened the school year beyond the normal 180-day calendar. Most often, schools introduce one of these standard year-round schedules instead:

- 45–15. Students spend nine weeks in the classroom (45 school days), followed by three weeks of vacation. This learn-rest-learn-rest cycle continues throughout the calendar year.
- 90–30. This method keeps students in class for two 90-day periods, with 30 days of break after each cycle.
- 60–20. Similar to 45–15 except children have three 60-day blocks of school, with each block followed by 20 days of vacation.

Plenty of variations on these year-round plans let schools pick the best system for their students. For example, in the "staggered" 45–15 plan, a school could divide its students into four groups so that a different group is on vacation each fourth week. Such a system often helps ease overcrowding.

Why change? Year-round schooling isn't a new concept. Several enterprising school systems tried it about 20 years ago with forgettable results.

"The problem was that they implemented the plan without preparing the community," explains Dr. Ballinger. "Schools need to allow at least a year or two for people to get accustomed to the idea."

Today, the year-round concept is back on track—especially in the western states—and gaining momentum among educators and parents alike.

The traditional school calendar, rooted in the work schedules of farmers, no longer serves its intended purpose, say year-round advocates. The lengthy summer break means kids have time to forget what they've learned. As a result, teachers waste valuable class time reviewing already-taught material.

Possible benefits. In addition to helping kids remember what they've learned, advocates of year-round schools propose these pluses:

- Higher test scores, lower student absenteeism, less vandalism, and fewer discipline problems.
- Better use of school buildings, which often sit idle during long summer breaks.
- Less time on kids' hands to get into trouble or claim, "I'm bored."
- Improved setting for teaching foreign languages, which are best offered on a continuous basis.
- Convenient blocks of time that divide neatly into teaching units.
- Quick response to learning difficulties, which can be remedied in a matter of weeks (during the next vacation, for instance) instead of months.

Some drawbacks. As you might expect, such year-round plans are not without their critics. The folks who oppose year-round plans often cite these potential problems:

- Burnout for teachers and students used to long summer breaks.
- Difficulty squeezing in traditional summer activities, such as camps.
- Conflicting school schedules that *could* mean completely different vacation breaks for your kids.
- The need to buy expensive air conditioning systems for those school buildings not already so equipped.
- Added costs due to higher salaries and wages for teachers and other workers (in plans that add *extra* school days to the calendar).
- Increase in other costs, such as maintenance, energy, and supplies.

To learn more about year-round schooling, write to: The National Association for Year-Round Education, P.O. Box 711386, Dept. BHG, San Diego, CA 92171-1386.



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New Liquid Tide with Bleach Alternative gets it whiter
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It'll knock your socks off. And get 'em whiter.

BY MARGARET DALY; PHOTOGRAPHS BY GEORGE CEOLLA

HELPING HOMELESS FAMILIES

YOUR CONTRIBUTIONS AT WORK



A clinic supported by our Foundation helped Sharon find housing and day care while she finished school.

WHAT WE ARE DOING TO MAKE A DIFFERENCE

"If it hadn't been for the clinic and Liz, I couldn't have stayed in school," says Sharon (*above*), who has just completed her studies in Worcester, Massachusetts, to become a legal secretary.

Sharon and her daughter, Shanaine, 4, had been doubled up in an apartment with friends, but then had to move out. Sharon was desperate to find housing that she could afford. She also needed reliable day care, so she could continue her education. "I had worked for several years," she explains, "but I couldn't find a job that would support us on our own. I realized I needed more training. But the pressure of finding a place to live and day care was terrible. I couldn't concentrate on school."

Then Sharon contacted The Family Health and Social Service Center, which serves poor and homeless families in Worcester. Caseworker Liz Berthelette helped Sharon find affordable housing and day care. Sharon had just finished school when we went to press, and she was looking for a job.

Liz stays in touch with the family, ready to advise and lend emotional support when needed. "Shanaine entered Head Start this fall," Liz reports, "and Sharon should find a job soon. She is very motivated. She just needed an extra hand to get over the rough spots."

Helping around the country. The Worcester clinic is one of many organizations throughout America that receive support from The Better Homes™ Foundation, a nonprofit organization created by *Better Homes and Gardens*® magazine in 1988 to help homeless families stabilize their lives and move forward productively into the community again.



Jennifer and Travis found housing and counseling through Portland Impact.

Donations from readers, businesses, and foundations all contribute to local organizations that work directly with homeless families. To date, grants have gone to 55 programs in 25 states. Special focus is given to preschool children. "If we can intervene early in their lives, we are likely to prevent lasting problems," says Foundation President Ellen Bassuk, M.D., who is associate professor of psychiatry at Harvard Medical School.

"Travis and Jennifer would have been on the streets if they hadn't contacted us," says Barbara Adkisson, who is a caseworker at Portland Impact, in Oregon. "They were so young, but their families didn't want them at home."

Jennifer, 17, had left school when she got pregnant with Joseph. Travis, 18, quit just three credits short of a degree to get a job. His father put them up for a while, then moved them out. That's when they contacted Portland Impact.

Portland has a large population of homeless, but except for short-term church shelters and a voucher system for often dangerous motels, there are no live-in facilities for homeless families.

Portland Impact and Multnomah County's Department of Human Services developed the Families Stabilization Project, which provides an extensive range of services to an estimated 300 homeless families through daytime drop-in centers.

A joint Better Homes™ Foundation

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HOMELESS FAMILIES

continued from page 39

and United Way of America grant helps support the program. "We are learning how important it is to have multiple services available in one-stop facilities," says Portland Impact Director Marilyn Miller. "That helps families concentrate on solving problems, rather than focusing on the terrible pressures that homelessness creates."

"My main role with a family like Travis and Jennifer is to teach them to help themselves," says Barbara. "They learn that they have choices, and how to make them." With her guidance, the family has qualified for subsidized housing through a networking system that the program is developing with local landlords. Travis holds a steady part-time job as a janitor. He plans to finish the credits he needs to get his high-school diploma, and Jennifer has completed studies for her high-school equivalency exam (GED).



Tammy found housing through the Yakima County Coalition for the Homeless.

"I had the kids and our clothes in the car, and no place to go," says Tammy, of Yakima, Washington. After a few days, she told her school counselor about her problem. The counselor put her in touch with Minerva Riehl, at Yakima County Coalition for the Homeless (YCCH).

Tammy had left her husband because he was heavily into drugs and in and out of jail. She was studying to become an X-ray technician. "I was ready to give up school. I didn't know what to do," she says.

"Tammy was perfect for our transitional housing program," says Minerva. "She had clear goals and was well on her way to getting her degree. What she needed was stability—knowing she had a place to live and people to help care for her kids while she was studying."

The agency moved Tammy into a newly rehabilitated living facility in Wapato, near Yakima, where a joint Better Homes™ Foundation and United Way grant supports expansion of a transitional housing program into rural areas. Habitat for Humanity is helping rehab the housing.

Tammy has gone back to school and will be starting shifts at a hospital to finish her training. The school provides day care. "We keep in close touch, and I am there to help when she needs it," says Minerva.

Tammy has just signed a lease for permanent housing closer to school. "I realize I must depend on myself," she says. "That's why I want to finish school. But I don't know where we would be if it hadn't been for Minerva."

A special gift idea. Your contributions will help The Better Homes™ Foundation continue its work to help homeless families. See the coupon, *below.*



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Or, check the appropriate box:
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(use extra sheet for additional names.)

☐ For my donation of $50 or more, send the ornament to my address:
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☐ My additional donation of $_____ is for the 1989 Holiday Ornament (B) (minimum donation $50), the 1990 Holiday Ornament (C) (minimum $50), or the collector's set of all three (minimum $100).
Check appropriate boxes:
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☐ To help homeless families even more, please donate my entire rebate to The Better Homes Foundation.

TAMING HOLIDAY STRESS
Making this the happiest season of all



STEVE BJÖRKMAN

'Tis the season to be thankful and jolly and . . . *stressed out?* It doesn't have to be that way. Even amid the whirlwind of parties, shopping, and decorating, you can keep your cool and enjoy the holidays. We've tracked down eight strategies that you can use to keep the pressure off—and the merriment on.

The stresses that plague us this time of year are rooted in three basic sources: time (getting everying done), money (paying for it), and emotions (painful memories and family conflict).

Depression is more common, notes Herbert J. Freudenberger, Ph.D., a New York psychologist in private practice. "It's easy for some people to get depressed when they contrast their private pain with the spectacle of public joy on TV, on the radio, and in the department stores."

How holidays heal. Despite the stresses, holidays have the potential to fulfill and renew. Most of us treasure this season as a special time to grow closer to family, friends, and our deepest beliefs. Through their familiar traditions, Hanukkah and Christmas connect people to others and to larger ideas and values, says John Corazzini, Ph.D., a psychologist at Virginia Commonwealth University.

"Rituals hold families together," he says. "They give us a sense of continuity and stability. They allow us a way to express our love for one another."

EIGHT WAYS TO MAKE YOUR HOLIDAYS MERRIER

1. Set priorities. How do you view the holidays: a religious occasion? a time of relaxation to enjoy with your family? an opportunity to socialize and attend parties?

It's possible, of course, to choose all of the above, but typically people overextend themselves trying to make the holidays serve too many functions, says Dr. Freudenberger. Clarify what you want and you'll probably be able to make better choices about the way to spend your time and energy.

2. Plan ahead. Take charge of your holiday:

- Decide in advance which social obligations are most important and prioritize them.
- Make lists of things to do and set aside some time each day to do tasks and run errands instead of trying to do everything at the last minute.
- Allow time for activities you enjoy.

3. Simplify. Is it really necessary to cook the world's most elaborate feast? Does the house have to sparkle? Do the presents have to be perfect?

If you enjoy facing those challenges, step right up. Otherwise, set limits on what you'll do. Plan perhaps *one* major meal during the holidays so that you're not tied up in the kitchen every moment that your relatives are visiting. Arrange *one* party as a favor for a returning friend. Learn to say "no" gently but firmly.

To reduce the strain on you, enlist the help of others. Delegate jobs like trimming the tree, addressing envelopes, and shopping for groceries. Or even consider hiring housecleaners, errand runners, and shopping services to lighten the load. Shopping, of course, is a major headache, so make it easy on yourself:

- Shop early to beat the crowds.
- Take advantage of free or low-cost gift wrapping services.
- Use mail-order catalogs.
- Settle for simple presents.

4. Scale back expectations. It's common to expect too much from the holidays, says Dr. Corazzini. "People anticipate a magical experience and start preparing for it well before Thanksgiving. For weeks, they get all geared up and then they have a cele-

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Family Time

Would you like to spend more time with your family this holiday season? Here are a few suggestions offered by Jo Robinson and Jean Coppock Staeheli, authors of *Unplug the Christmas Machine* (William Morrow, 1991. $9).

- **Take extra time off work.**
- **Simplify holiday preparations.**
- **Entertain less and attend fewer parties.**
- **Cut down on outside commitments.**
- **Be more relaxed about housekeeping.**
- **Watch less television.**
- **See fewer friends and relatives.**



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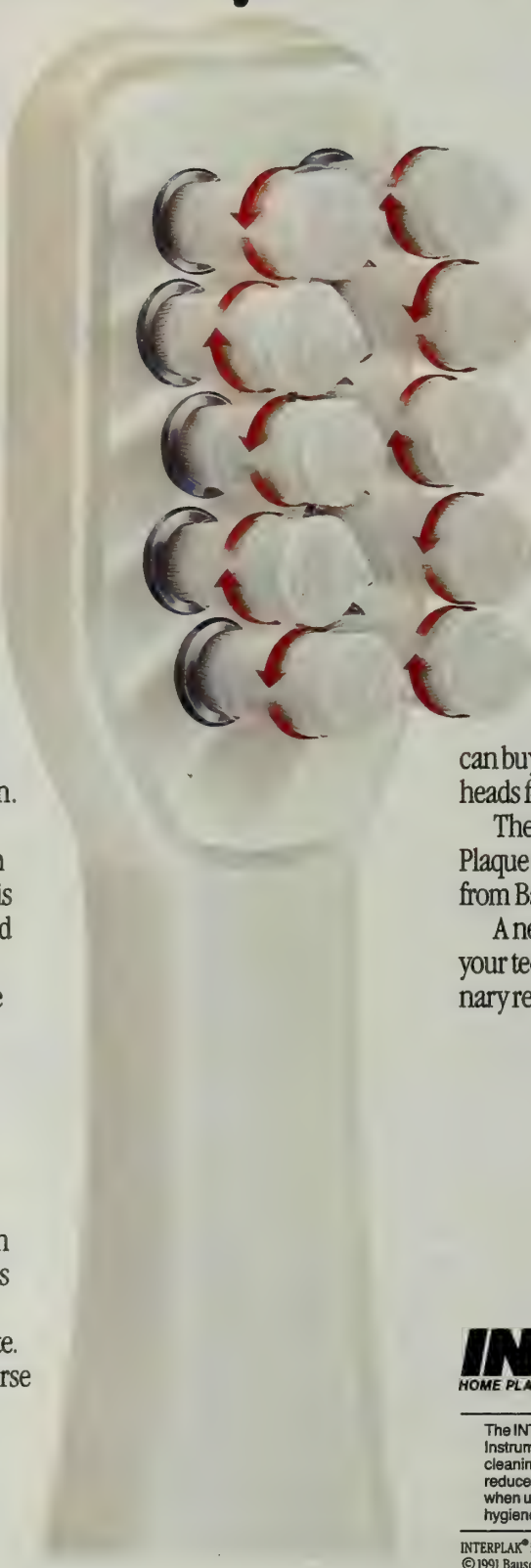
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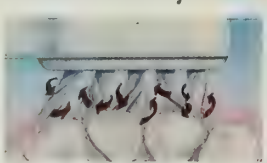
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Nothing fights plaque better.

Unlike manual and electric toothbrushes that only clean back and forth,



Interplak tufts clean plaque from between teeth and under the gums.

or up and down, our ten tufts of bristles rotate 4200 times a minute. And they reverse their direction 46 times a second to literally scour off plaque and stimulate your gums. When the tufts reverse direction, the bristles extend fully to clean deep between teeth and under your gumline. And beca the bristles are four times soft than the softest toothbrush, th no more abrasive than manu brushing with toothpaste.

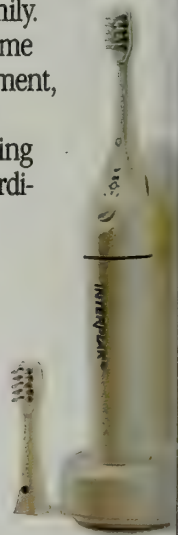
Ask your dentist about the benefits.

Dental professionals across country have enthusiastically endorsed the INTERPLAK instr ment and they've recommend to their patients. It's even accep by the American Dental Associ

It's easy to use, cordless, and it recharges itself every tim you place it in its stand. Plus yc can buy color-coded, interchangeable b heads for the whole family.

The INTERPLAK Home Plaque Removal Instrument, from Bausch & Lomb.

A new way of brushing your teeth, with extraordinary results.



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The INTERPLAK Home Plaque Removal Instrument is acceptable as an effective cleaning instrument, which significantly reduces both dental plaque and gingivitis when used as part of a program of good oral hygiene and regular professional care.

ADA ACCEPTED American Dental Association

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HOLIDAY STRESS

continued from page 42

bration that's over in a few hours. At 5 o'clock in the afternoon they're asking themselves: Is that all there is?"

Others run into trouble trying to live out a childhood fantasy. They buy lavish gifts or schedule expensive activities in hopes of creating a perfect Christmas. "They're chasing something that's unreal," says Dr. Corazzini.

5. Start new traditions. Some cherished traditions from your childhood may not be feasible today. Families are smaller, and often separated by large distances. Remarriages may mean spending the day with "strangers."

Jo Robinson, coauthor of *Unplug the Christmas Machine* (William Morrow, 1991, $9), thinks it's useful to reflect on what made the holidays special when you were growing up. "Often, it's the simple things—a special food your mother made, a walk through a park on Christmas morning. These things resonate with great meaning."

You might discover special meaning by volunteering at a nursing home or homeless shelter. Or by joining activities at your church, synagogue, or community group.

6. Beware of family arguments. Nothing seems to bring out old family frictions like an extended holiday stay, says Irene Vogel, Ph.D., a Bethesda, Maryland, psychologist. She lists common factors: too many people in too little space; battling kids; travel-weary grown-ups. Is it any wonder nerves get frayed? "People expect a *Leave It to Beaver* reunion, but that's the exception," Dr. Vogel says.

Holidays are a poor time to try to resolve long-standing issues, says Dr. Freudenberger. "The holidays are a time for merriment and good behavior," he says. "If you haven't talked to your sister for 10 years, one get-together on Christmas Day probably won't change anything, anyway."

7. Acknowledge losses. Holidays often release the ghosts of Christmases past. Recent losses can haunt you. "You may be putting up the Christmas tree and then suddenly you come to the part where your husband used to put on the star and you remember all over again how much you miss him," says Dr. Corazzini.

He suggests two ways to deal with loss: Acknowledge it with a direct, limited activity, such as visiting a cemetery. "This allows you to put a boundary on the experience so you can deal with it, let it go, and then try to enjoy the rest of the day," he believes.

Second, change your holiday routine in some simple ways so that you are not constantly remembering and comparing today's holiday to past ones. Still, one usually has to go through a holiday season once without the person to overcome the grief caused by the loss, Dr. Corazzini says.

8. Treat yourself nicely. Counter the holiday pressures by being kind to yourself. Take relaxation breaks. Go for uninterrupted, peaceful walks. Or take a nap.

Sounds selfish? Perhaps, but you'll return from your break refreshed and ready for the pleasures of the season.



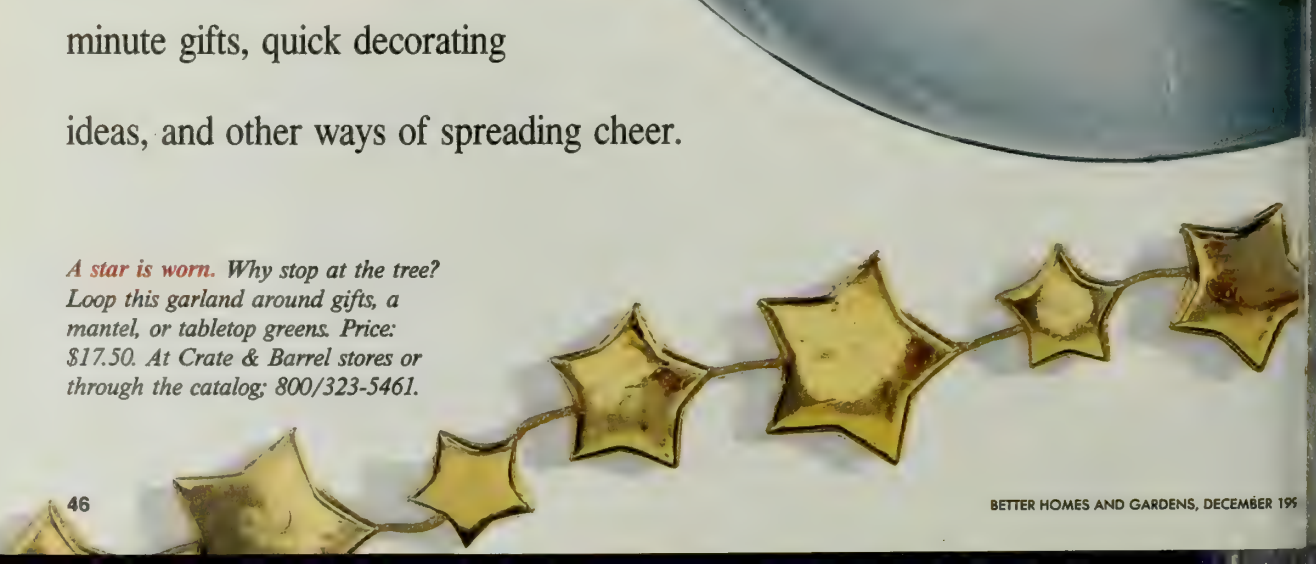
Celebrate!



HO, HO . . . OH, NO!

The holiday guests are all but knocking at the door and you're not ready? 'Tis the time to shop this story for last-minute gifts, quick decorating ideas, and other ways of spreading cheer.

A star is worn. Why stop at the tree? Loop this garland around gifts, a mantel, or tabletop greens. Price: $17.50. At Crate & Barrel stores or through the catalog: 800/323-5461.





Christmas blossoms. Give a festive feel to an old favorite this year. Royal Albert boughs to the holidays by adding a Christmas design to its "Old Country Roses" china pattern. Add a few pieces or collect them all. Suggested retail: $132 for 4 salad plates; other pieces available. "Christmas Magic," Royal Doulton, 700 Cottontail Lane, Somerset, NJ 08873; 908/356-7880.



PHOTOGRAPHS: PERRY STRUSE

Have a ball! More delightful than a bowl of candy, these glass balls bring shimmer and shine to holiday time—or anytime. The colored, frosted, dappled, and swirled glass balls are handmade in Vermont. Suggested retail: $60 per half-dozen or $100 per dozen. Best of Vermont, P.O. Box 775, Stowe, VT 05672; 802/253-2200. Catalog: $5.95.

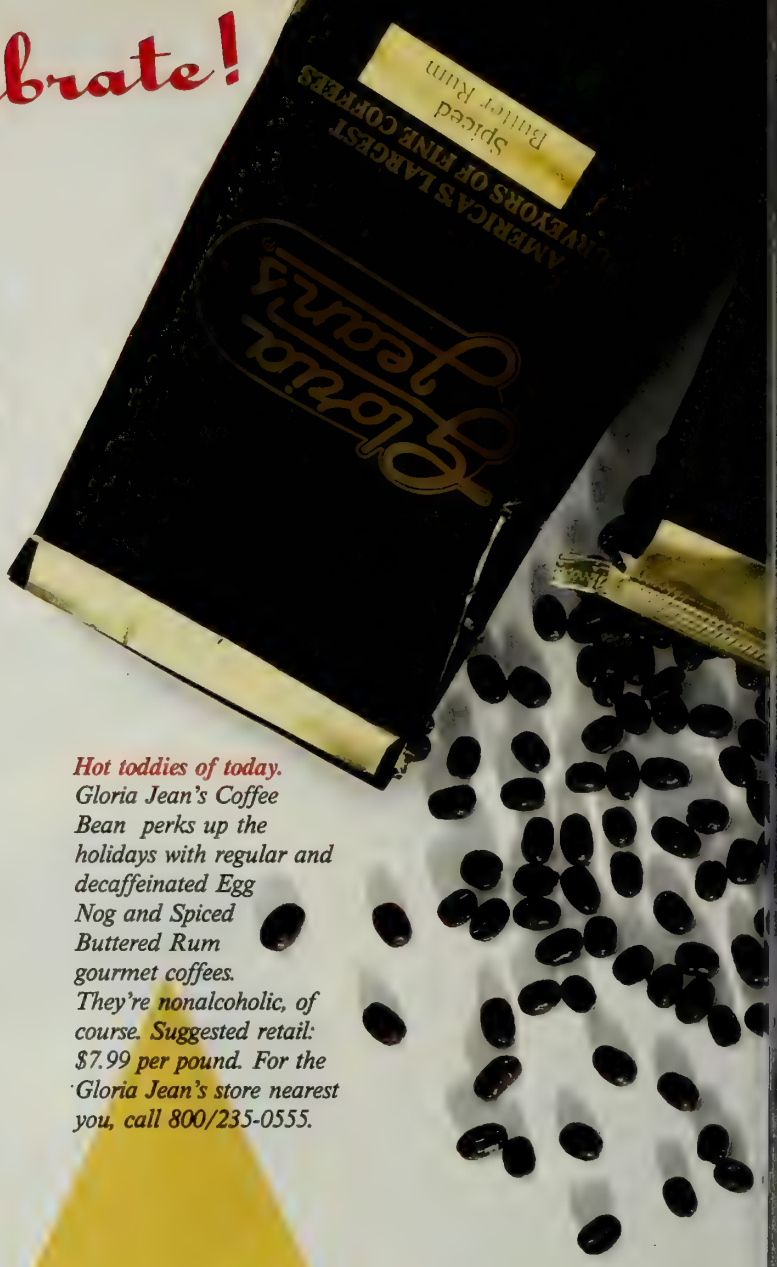


An incredible edible. This wreath won't hang around for long! Hershey's molds pure chocolate into a 6½-inch, 8-ounce ring detailed to look like nuts, pinecones, and a bow. How perfect for holiday nibbling! Suggested retail: $9.95 plus $3.50 shipping. "Chocolate Wreath," Hershey's Mail Order, P.O. Box 801, Hershey, PA 17033-0801; 800/544-1347.

Celebrate!



Red-hot gift giving. *Put pink in those cheery cheeks with a hot and spicy gift basket. Suggested retail: $57. "The Bestsellers," Mo Hotta Mo Betta; 800/462-3220.*



Hot toddies of today. *Gloria Jean's Coffee Bean perks up the holidays with regular and decaffeinated Egg Nog and Spiced Buttered Rum gourmet coffees. They're nonalcoholic, of course. Suggested retail: $7.99 per pound. For the Gloria Jean's store nearest you, call 800/235-0555.*



Sweet smells for Christmas. *Pamper your partner or pal with a collection of gardenia-scented gifts and a silver mirror, all tied up in a velvet bag. Suggested retail: $60. Crabtree & Evelyn, P.O. Box 167, Woodstock Hill, CT 06281; 800/624-5211.*





Let your love shine. *Hang a shimmering snowflake on your tree and help our nation's homeless families at the same time. The gold-plated circle of children and teddy bears holding hands measures just under 3 inches. All profits from the sale of these ornaments go to The Better Homes™ Foundation to aid homeless families.*

To order by mail, send check or money order for $20 per ornament to Better Homes and Gardens®, Dept. 22R, P.O. Box 374, Des Moines, IA 50336. To order by credit card, call 800/678-2672. Specify Product 29150. The 1989 (No. 29115) and 1990 ornaments (No. 29124) are also available for $20 each.

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THE EASIEST WAY TO FEEL LIKE A GUE

▲ The SPACEMAKER* appliances are always handy, but never in the way. They mount under the cabinets to free up counter space. Leaving you lots of room to make your party a hit. The TOAST-R-OVEN™ BROILER (S02500G) is extra large inside, so there's enough room for casseroles or cakes. The AUTOMATIC SHUT-OFF DRIP COFFEEMAKER (SDC2AG) has a clock/timer you can set to wake up to fresh coffee. And the CAN OPENER (EC60G) also opens bottles and bags.



▲ Everyday chopping is easiest with the HANDYCHOPPER™ (HC20). It minces and chops onions, garlic, nuts and herbs in seconds. And it's so compact, you can keep it where it's always handy.

►Now you can cook up fresh vegetables in a snap. And steam rice to perfection, too, with the new HANDY STEAMER™ (HS80). It's the easy, healthful and delicious way to cook.



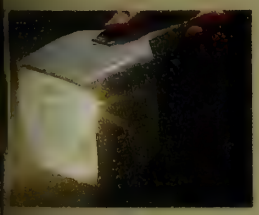
▼ Every home should have a TOAST-R-OVEN™ BROILER (TRO510). It bakes, broils, toasts, defrosts and top browns. Plus, it has continuous clea
It makes holiday hosting easier...all year round.



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when you're just craving a littl
The SWEET♥HEARTS™ WAFFLEBAKER (G12) make
heart-shaped waffles. And the
light and tone make sure you
perfect waffles every time.



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◄ The SPOTLITER™ RECHARGEABLE LIGHT (9360G) is so bright, it throws a beam the length of a football field. Just charge it up in its base and it's ready whenever you need it.

The HANDYMIXER™ (9210) is the easiest way to do your everyday mixing. It's rdless, so it's handy to use ywhere. It comes with 4 rsatile attachments which n be wall-mounted with e mixer to keep everything thin easy reach.



◄ The THERMAL CARAFE COFFEE-MAKER (TCM402) has an insulated carafe that keeps coffee hot and fresh for hours—which gives you plenty of time to enjoy your company, as well as your coffee. It's available in a 4-cup size, too (TCM201). And both have auto shut-off.

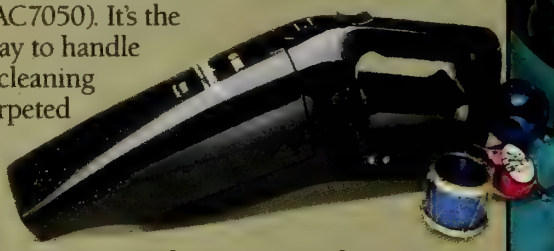
► There's no such thing as a tough mixing job if you've got a SPATULA-SMART™ 5-SPEED POWER BOOST MIXER (M175). The unique spatula attachment continually scrapes the side of the bowl, while the mixer cuts through the toughest mixing.



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► Family and friends will have more time to enjoy the holidays if you give them a DUSTBUSTER® CORDED POWERBRUSH VAC (AC7050). It's the easy way to handle tough cleaning like carpeted stairs and upholstery.



▲ The DUSTBUSTER® POWERPRO® CORDLESS HEAVY DUTY VAC (DB6000) is the most powerful cordless Dustbuster yet. It gives you all the convenience of a Dustbuster Vac, with more power to get done quicker.



◄ Zip up little pick-ups with the DUSTBUSTER PLUS® CORDLESS VAC (9334). It's cordless, hand-held and always ready.



◄ The STOWAWAY™ TRAVEL STEAM AND DRY IRON (F56G) has 21 steam vents, so it works like a full-size iron. Yet, it folds up small for packing.

▼ Wrinkles don't stand a chance with the ADVANCED SYSTEM IRON (F640S). It has all the steam features you need to handle any fabric. And it's loaded with extras like self-cleaning, automatic shut-off and tone alert.

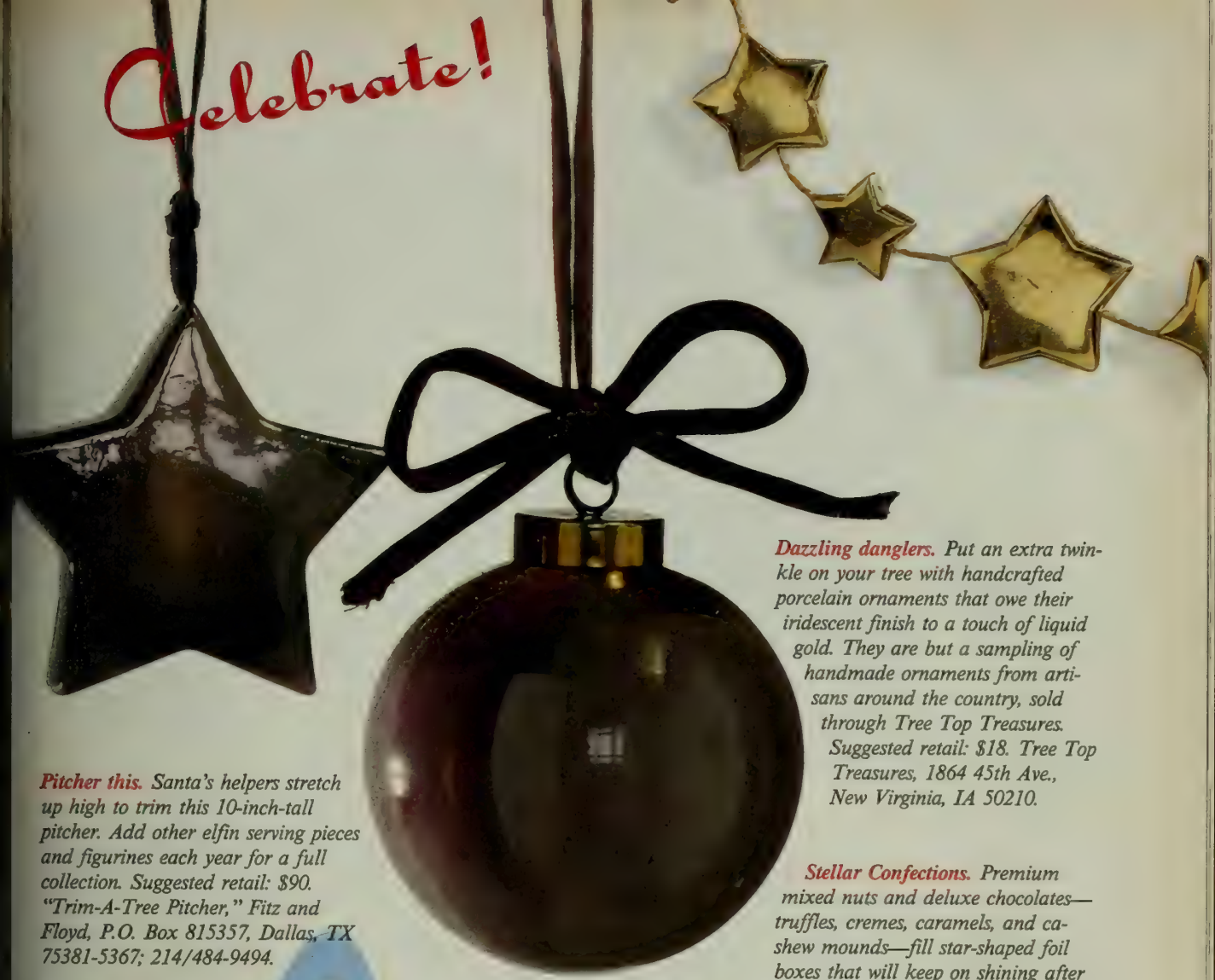


So make this holiday season a little easier all around. Give a gift from Black & Decker.

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For the dealer nearest you, call
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Celebrate!



Dazzling danglers. *Put an extra twinkle on your tree with handcrafted porcelain ornaments that owe their iridescent finish to a touch of liquid gold. They are but a sampling of handmade ornaments from artisans around the country, sold through Tree Top Treasures. Suggested retail: $18. Tree Top Treasures, 1864 45th Ave., New Virginia, IA 50210.*

Pitcher this. *Santa's helpers stretch up high to trim this 10-inch-tall pitcher. Add other elfin serving pieces and figurines each year for a full collection. Suggested retail: $90. "Trim-A-Tree Pitcher," Fitz and Floyd, P.O. Box 815357, Dallas, TX 75381-5367; 214/484-9494.*

Stellar Confections. *Premium mixed nuts and deluxe chocolates—truffles, cremes, caramels, and cashew mounds—fill star-shaped foil boxes that will keep on shining after the holidays. Suggested retail: $29.95. Harry and David; 800/547-3033.*

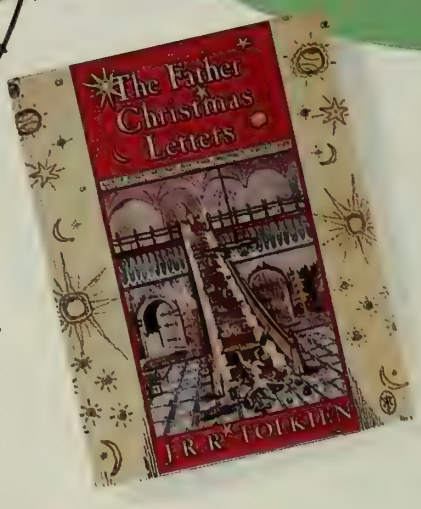


Celebrate!



Take a bough. *Branch out and make your own easy wreath this year. Weave the tips from trimmed-off trees between the wires of a box-frame wreath form, then trim up the ends.*

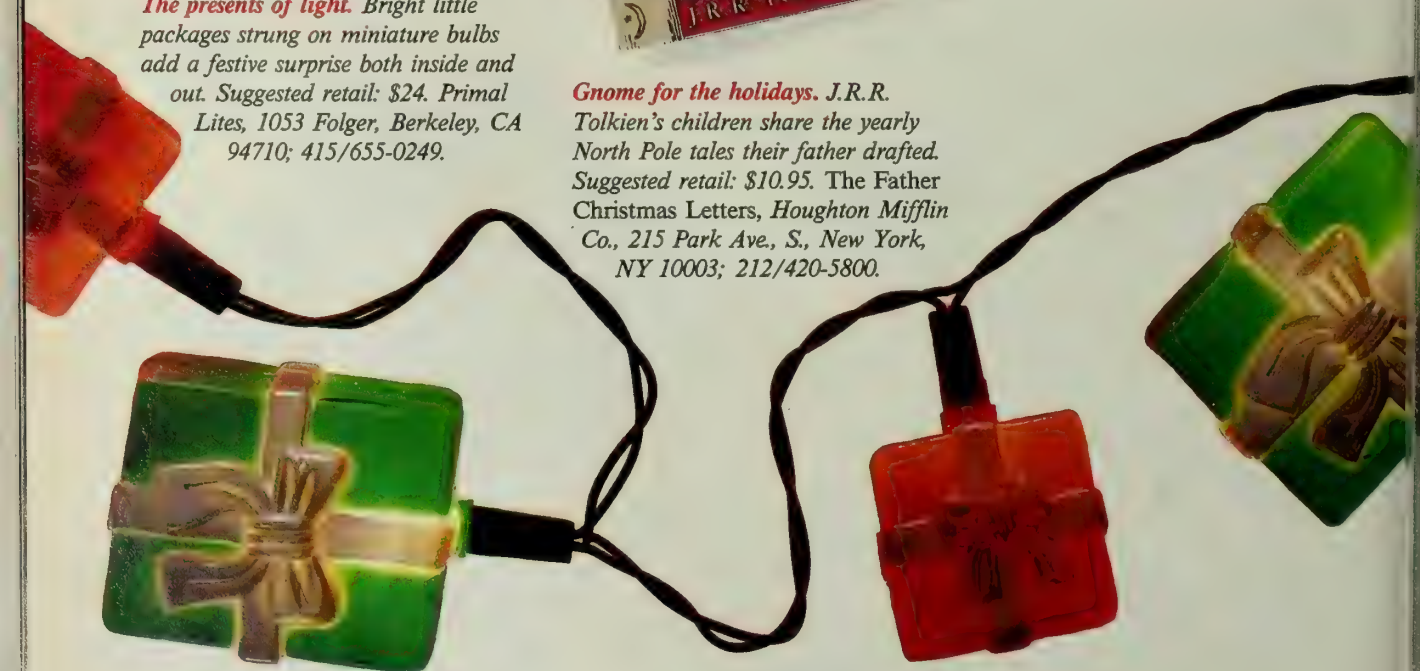
The presents of light. *Bright little packages strung on miniature bulbs add a festive surprise both inside and out. Suggested retail: $24. Primal Lites, 1053 Folger, Berkeley, CA 94710; 415/655-0249.*



Gnome for the holidays. *J.R.R. Tolkien's children share the yearly North Pole tales their father drafted. Suggested retail: $10.95.* The Father Christmas Letters, *Houghton Mifflin Co., 215 Park Ave., S., New York, NY 10003; 212/420-5800.*



Celebrate a century of giving. *Consider dropping a few extra coins in the Salvation Army's familiar red kettle—it's 100 years old this year. This ingenious method for raising community funds to feed the poor began in 1891 with one bucket on a ferry landing in San Francisco. Now, bell ringers signal thousands of opportunities to give nationwide. Look for a local kettle, or contact a nearby Salvation Army office to learn about their many programs for helping during the holiday time.*



"Watson, come hear."

If the first phone had been one of the AT&T Cordless 5000 Series, these might have been the first words spoken. Because only the 5000 Series incorporates Clarity Plus™ sound technology to virtually eliminate static and give you crisp, clear sound. And that's no surprise considering it's made by the same folks who've been making dependable, technologically innovative communications products from the very start.

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Celebrate!

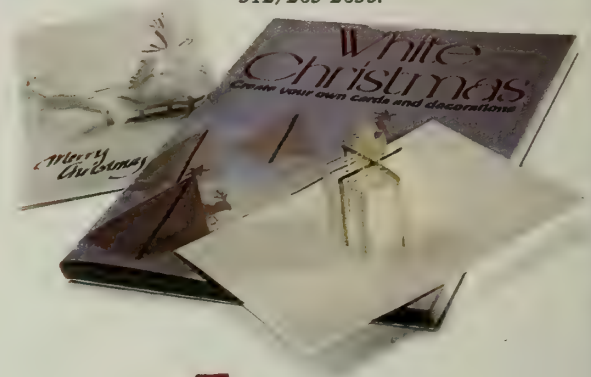




Holiday greetings from the heart. *When you mail a UNICEF holiday card, you're also sending the season's cheer to needy children around the world. Look for the greetings at local card dealers, or head to a nearby Pier 1 store, the largest single distributor of the charitable cards. Since the program began in 1985, Pier 1 has raised more than $2.5 million for the children's fund by turning all proceeds from the sale of the cards over to the UNICEF folks. To find the Pier 1 Imports store nearest you, call 800/447-4371.*



These wonders always crease. *Twenty motifs pop into cut-and-fold cards. Suggested retail: $14.95.* White Christmas Origami Book, *The Art Institute of Chicago, Michigan Ave. at Adams St., Chicago IL 60603; 312/263-2635.*



Tutti-frutti trims. *Have a ball making simple soda-fountain ornaments! Glue a sherbet-bright glass or satin Christmas ball into any type of ice-cream cone using crafts glue or a hot-glue gun and clear glue sticks. Make sure the hanger is centered on the top, then set it aside until the glue dries. Make them by the dozen for a rainbow of "flavors."*



Holiday hang-up. *No need to put a nail hole in your door; this hanger will happily hold your holiday wreath. Suggested retail: $22 plus shipping for two. Ballard Designs, 1670 Defoor Ave., NW, Dept. P1032, Atlanta, GA 30318; 404/351-5099.*



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STOPS STATIC BEFORE STATIC STOPS YOU.



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Magenta, orange, turquoise, and purple. These are the hues that color Christmas at the Hutchison house. Folk-artist Sarah Grant-Hutchison and her family fill their clean-cut home with laughter, crafts, art, and love throughout the year, then pull out all the stops at the holidays with a rainbow celebration.



A stairway garland of greens, ornaments, and packages tops rickrack-trimmed stockings.

color it Christmas



Sarah and Doug "Hutch" Hutchison with their daughters Rachel, Hannah and Rebecca.

Whimsy and wonderment are the spirit of the season, from the tree decorations to the handcrafted gifts the family shares. "I love color, and I love pattern," says Sarah about her work, as well as her home. Sarah's art, home, and holiday spirit blend into a giant collage of brightness and fun. She takes the ordinary and makes it extraordinary, letting the plain be just slightly insane. We'll show you her tricks and help you make the projects on the following pages.

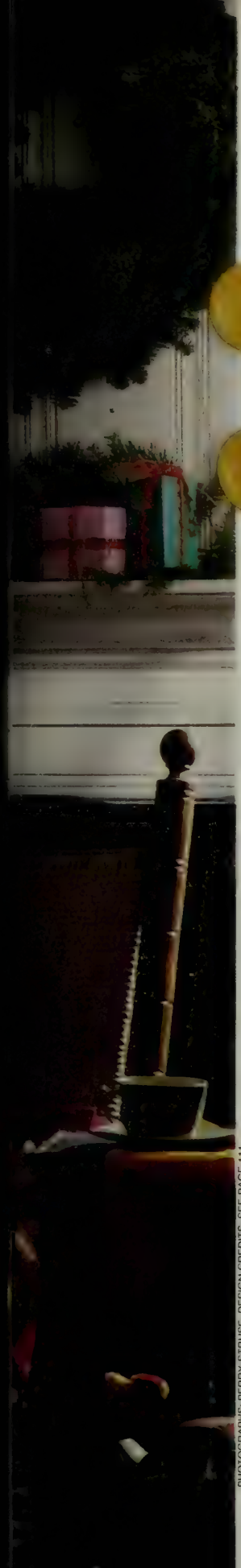
BY JILANN SEVERSON

Bright braided fabrics skirt a tree festooned with rickrack and 3-D Stars. Underneath, squiggles and twine wind around colorful packages.



Rachel and Rebecca twirl Jumping Jack Pals plucked from the tree.

color it Christmas





An Angel in Training, with scouring-pad hair shining brighter than her halo, flies together from scraps in just a few hours.

Multiple strands of wiggly rickrack joined in floppy bows swagger around the tree and yards of fabrics twist about the base for two of the quickest tricks.

Other artists' designs, such as the 3-D Stars and Jumping Pals on the tree, as well as the Three Beasties lingering below, blend right in with Sarah's folk-art nativity on the mantel. A similar crèche gave Sarah her start in folk-art sculptures.



PHOTOGRAPHS: PERRY STRUSE. DESIGN CREDITS, SEE PAGE 111.



Vibrant colors cry out from the traditional Amish Diamond Quilt draping the wall behind Hannah's favorite twig chair. We tell you how to make the quilt on page 72.

color it Christmas



A painter by trade, Sarah often taught at a local art center. A parent commissioned her to translate her painting style into a wooden nativity.

"Before I knew it, I was making nativities for everybody under the sun. At that point I began to involve other artists," explains Sarah. The bright, graphic style of her paintings and home spreads to wooden ornaments, sculptures, and even T-shirts.

The wooden folk-art sculptures, jewelry, and ornaments, called Origin Art Forms, combine the painting, design, sculpture,



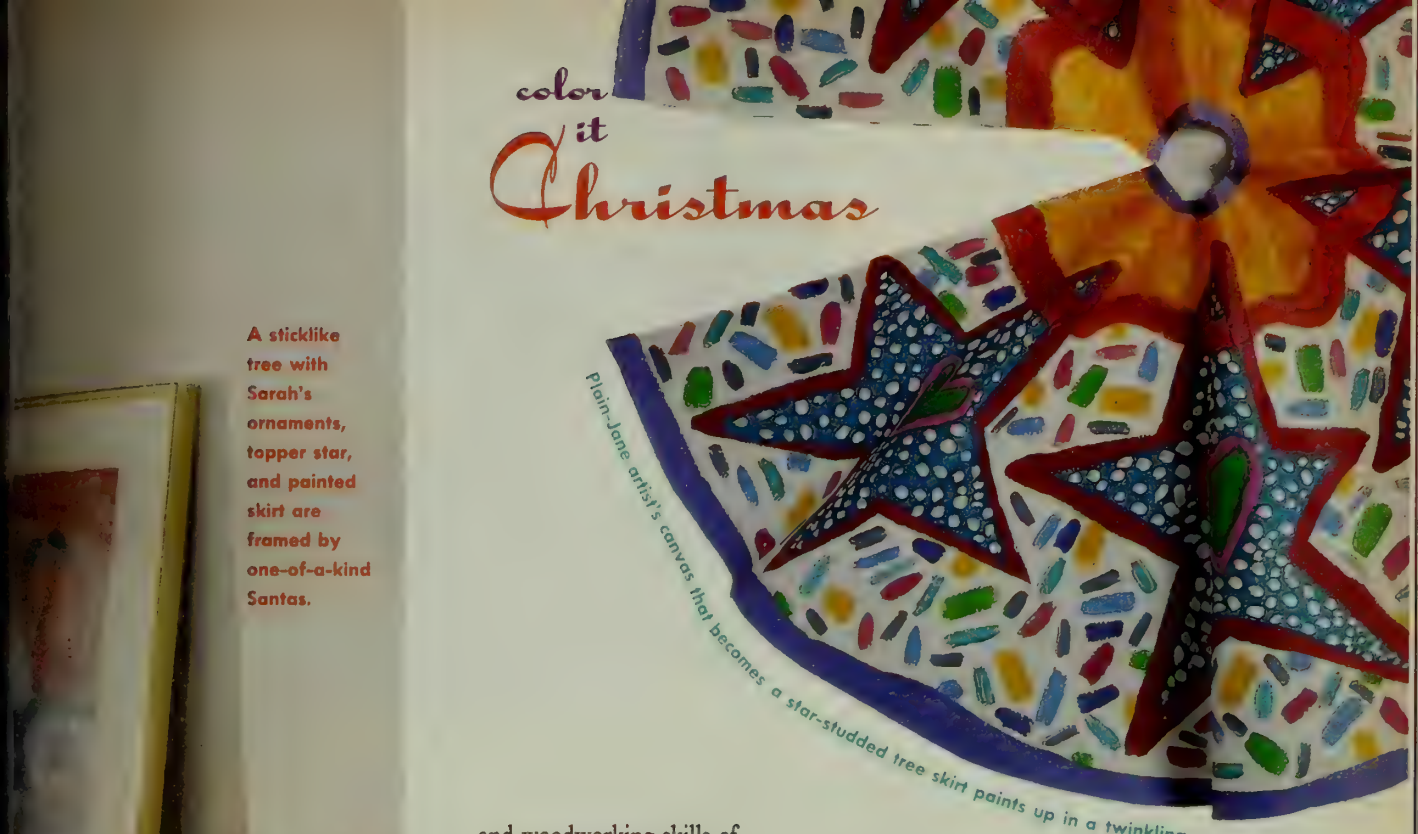
Sarah and the girls pool their talents when making ornaments to give as gifts.

Sarah shares her patterns and tips for making the twig-legged bird, the heart, and the star ornaments beginning on page 80.



Rebecca shows her Snowflake Place Mats.

color it Christmas



Plain-Jane artist's canvas that becomes a star-studded tree skirt paints up in a twinkling.

A sticklike tree with Sarah's ornaments, topper star, and painted skirt are framed by one-of-a-kind Santas.



and woodworking skills of Sarah and several other artists. Sarah still paints (example at *left*), and the other artists create their own work, but they join their talents—and their humor—in the folk art.

Rachel, Rebecca, and Hannah scavenge bits and leftovers from Origins projects to create their own art. "They definitely love to come to my studio and get out everything to make their own stuff—get out the wire and the little dowels. They love to use the 'grown-up' paints," says Sarah. Their creations, as well as Sarah's, often find their way under the tree.



Clean-lined classics mix it up with arty accents on a table set with kids in mind. Snowflake Place Mats that the girls cut from glazed shelf paper glisten beneath each plate. No two are the same!

Sarah shares her patterns and tips for making the woodburned and painted bird, star, and heart ornaments on *page 80.*



color it Christmas

continued from page 65



Papers fly off flashy packages hiding handcrafted gifts.

"We give handmade gifts—a lot of folk art. I was thinking maybe this year we were ready for something from a store," but made-from-the-heart gifts always rank high, so the tradition continues.

The Hutchisons recently began collecting their native-state "Iowa art" for display in their home and his dental office.



Painted twigs burst from a wooden star.

Among the favorites are a pair of chromatic Amish quilts. "I'd love to collect more Amish quilts," sighs Sarah. "By the use of color in my artwork, you can see that it's one of my favorite art forms. There's a definite influence."

The same pure and bright tones, sleek and straightforward shapes, and attention to detail that sets Amish quilts apart from ordinary quilts separates Sarah's style from other art. Everyday childlike shapes, like stars and hearts, become works of art with intricate painting and woodburning. Twigs, sticks, wires, trinkets, and cutouts add dimension and life to the sculptures.

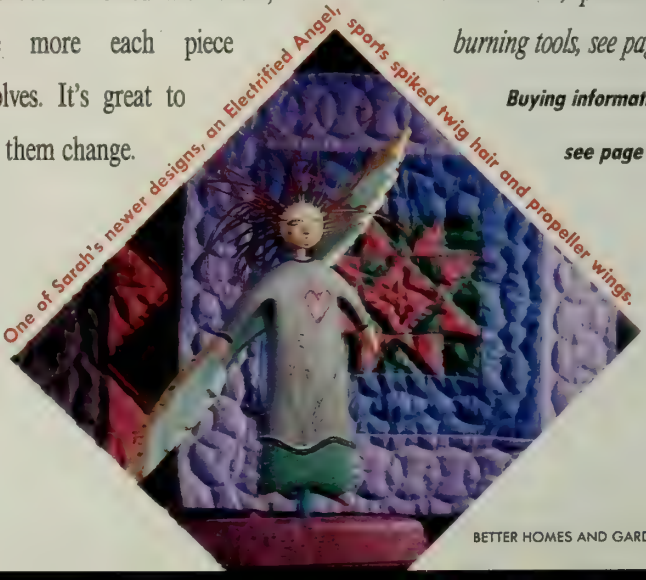
"I think it's pretty important that life has some humor in it. The more we've made these folk-art pieces, and the more years I've been involved with them, the more each piece evolves. It's great to see them change. It's a lot more fun to make these when there's a story," explains Sarah.

The playtime spirit that permeates the folk-art fills the Hutchison home. The bold colors, use of ordinary "stuff" like rickrack and twine, and off-beat humor make Christmas a giggle.

Sarah and the other artists share the patterns and instructions for many of the projects starting on *page 69.*

To order kits, patterns, and woodburning tools, see page 181.

Buying information, see page 111.



One of Sarah's newer designs, an Electrified Angel, sports spiked twig hair and propeller wings.

Blazer Owners Get All The Brakes.

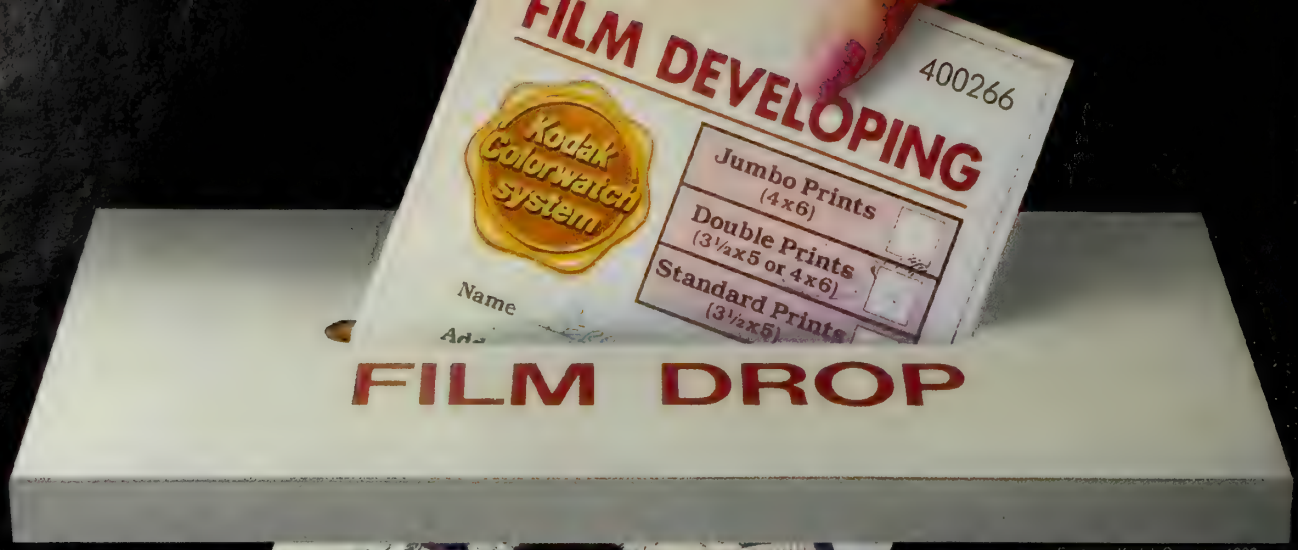


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Chevy S-10 Blazer: The only standard 4-wheel anti-lock braking system in its class.

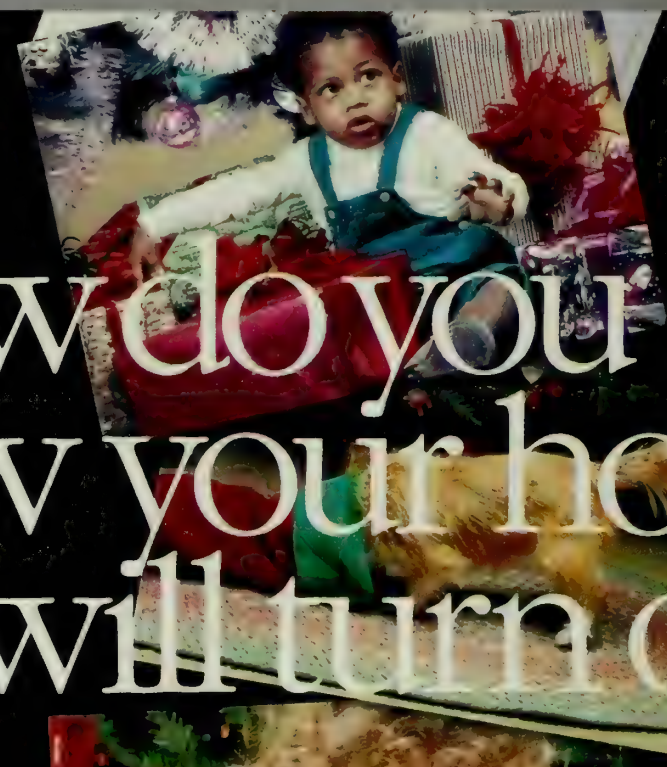
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Eastman Kodak Company 1990

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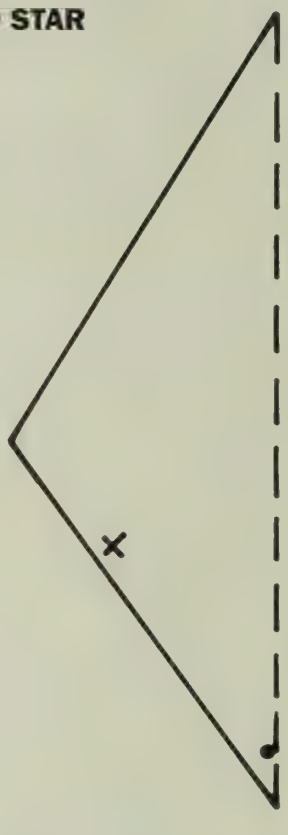
color it Christmas

continued from page 66

3-D STARS, page 60

Materials: *For each star:* tagboard or file folder; fabric scraps in desired colors; scraps of Wonder Under transfer web; 1⅔ yd. narrow cording; white fabric glue; heavy needle for scoring; matching threads; pearl cotton.

3-D STAR



Instructions: Finished size, approximately 8½ in. For tagboard base, trace pattern to tagboard, flopping on dotted line to complete. For fabric diamonds, flop on dotted line to complete and add ¼ in. to all sides.

For each star, cut 10 diamonds from tagboard. With needle or other sharp instrument, score diamond lengthwise along dotted line. Fold diamond along score. *Note:* Right side is side with fold pointing up.

Fuse transfer web to wrong side of scraps according to manufacturer's

continued on page 70

color it Christmas

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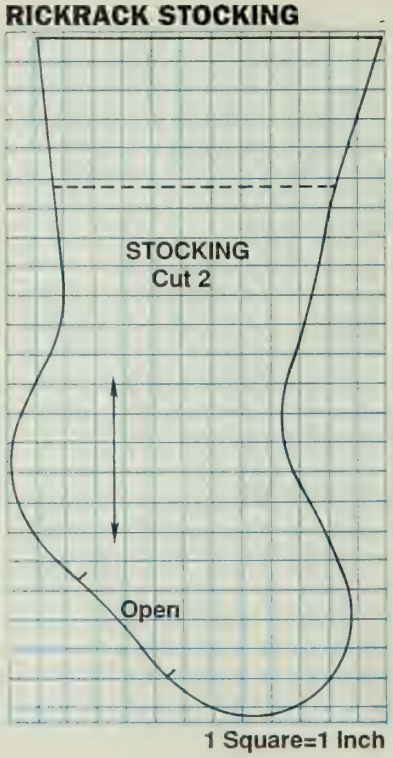
directions. Cut 10 fabric diamonds. Fuse wrong side of fabric to right side of tagboard. Turn edges to wrong side; fuse and glue in place.

With right sides of 2 diamonds facing, line up X sides. This point will be star center. Whipstitch sides together. Continue to add diamonds, matching X sides until all 5 diamonds have formed a circle. Sew remaining 5 diamonds together in same manner to form other side of star.

To shape 1 star half, turn over and pinch to peak as desired; run doubled thread from one inside corner across to another inside corner. Pull thread to pop star up; secure. Tack or glue pearl cotton loop to inside of top point. Whipstitch halves together.

Cut cording and glue along 4 valleys of star. Cut last strip slightly longer. Tie knot at end of long strip; glue knot to last valley and star center, covering ends of other 4 strips. Repeat for other side of star. Glue cording around outside edge of star.

RICKRACK STOCKING



RICKRACK STOCKING, page 59

Materials: *For each stocking:* 45-in.-wide fabric in following amounts: ⅔ yd. for stocking, ⅔ yd. lining, ⅓ yd. contrast for cuff; 13×24-in. piece fleece; 2×7-in. scrap for loop; 1½ yd. purchased or self-made piping; assorted sizes and colors of rickrack.

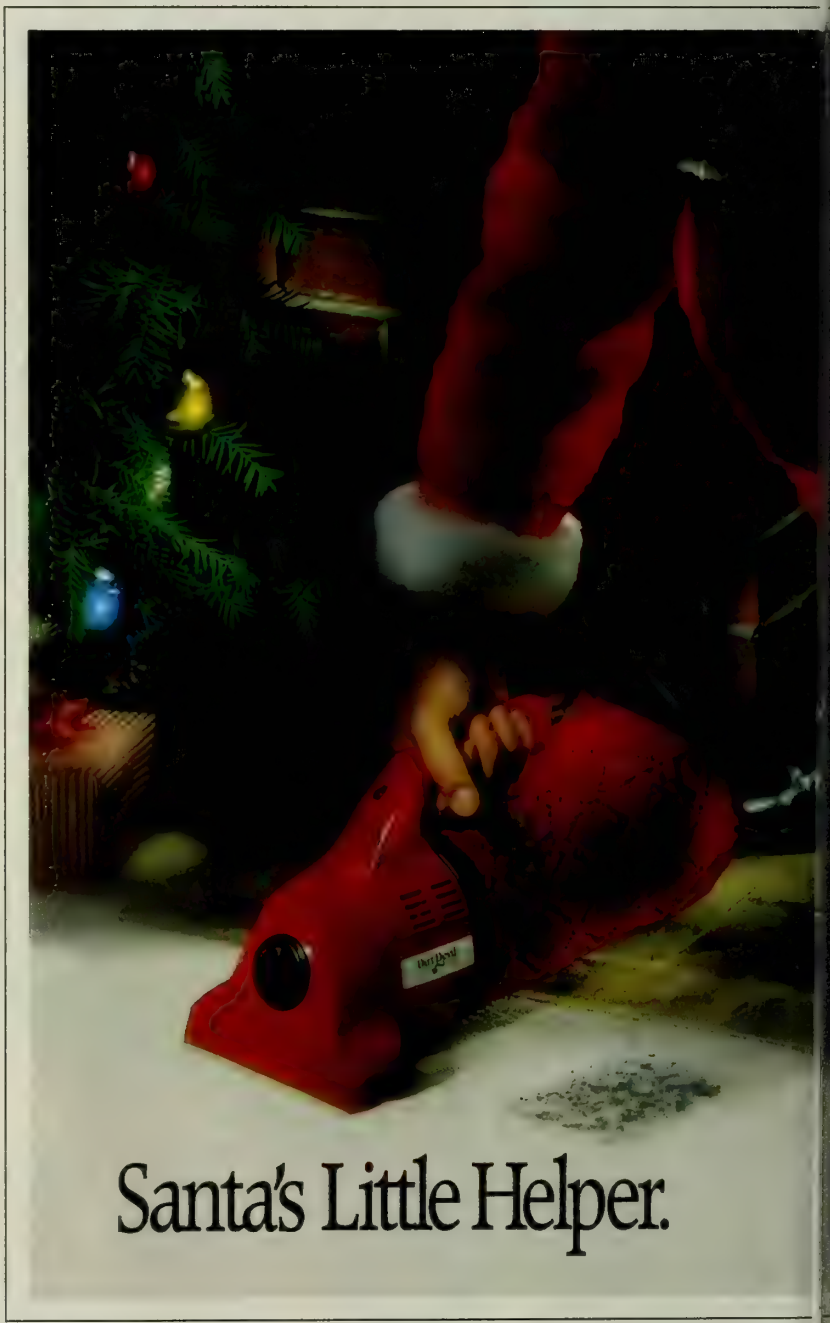
Instructions: Finished size, approximately 22 in. Unless otherwise stated, sew with right sides together; pattern includes ½-in. seam allowances.

Enlarge pattern (*below left*) to scale (800 percent). Cut stocking front and back; cut 2 stocking linings. Cut 4 cuffs from stocking top to dotted line. Cut 1 stocking pattern from fleece.

Sew rickrack to stocking front in desired pattern. Line front with fleece; baste raw edges along seam line. Baste piping to sides and bottom of front along seamline. Sew front to back leaving top open.

Sew lining front to back, leaving top edge open. Leave 3–4-in. opening at bottom for turning.

Sew cuff front to back along short edges. Sew cuff lining in same manner.



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Sew cuff to lining along bottom edge; turn and baste raw edges together.

Baste cuff to stocking, placing cuff lining to right side of stocking. Insert stocking into lining. Sew top edge; turn right side out through bottom opening. Sew lining closed. Tuck lining inside stocking.

Fold and sew long edges of loop; turn. Tack raw edges of loop to inside of stocking for hanging.

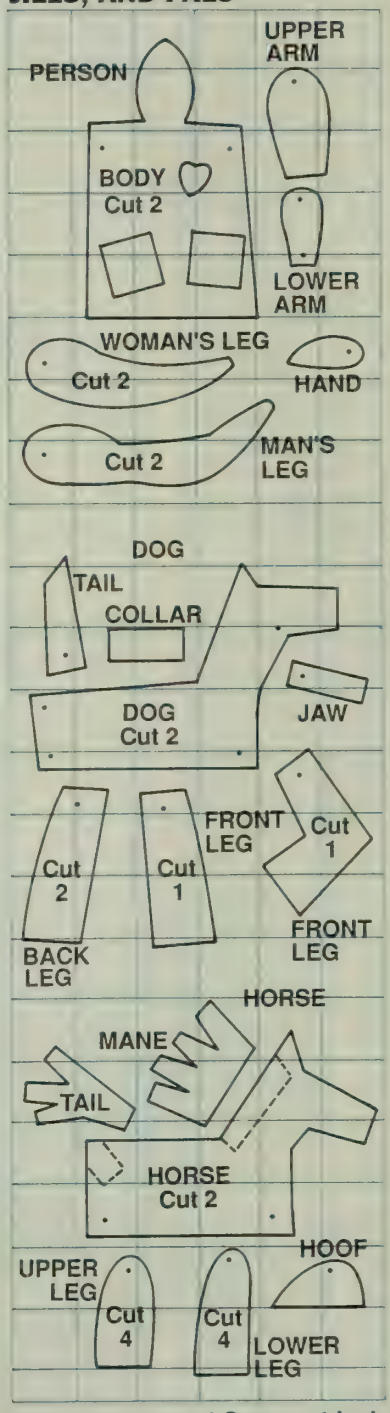
JUMPING JACKS, JILLS, AND PALS, page 60

Materials: *For each figure:* colorful heavy papers; black embroidery floss or pearl cotton; 12-in. bamboo skewer (available at grocery and gourmet stores); rubber cement; fray-checking liquid (available at fabric stores); large-eyed needle; jelly bean.

Instructions: Finished size, approximately 5½–7½ in. Enlarge pattern (*right*) to scale (267 percent). Trace and cut all pieces as marked on pattern or as follows: For each Jack and Jill, cut 2 each of upper arm and hand and cut 4 lower arm pieces; cut 2 pockets for Jill or 1 heart for Jack. For dog, cut 1 each of jaw, collar, and tail. For horse, cut 1 each of mane and tail; cut 4 hooves.

Jack and Jill: Using two 3-in. lengths of floss, pierce paper through all layers at dots, sandwiching hand

JUMPING JACKS, JILLS, AND PALS





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Dirt Devil by Royal®

continued on page 72

color it Christmas

continued from page 71

and upper arm between lower arm pieces. Tie floss with knots on both sides, adjusting tightness to achieve desired movement. Secure fray-checking liquid. Sandwich arms between body pieces in same way.

Insert skewer into center of body reaching from lower edge to neck; glue in place. Sandwich legs same as arms. Glue head tops together. Glue on heart for Jack and pockets for Jill.

Dog: Glue skewer to center of 1 dog body so tip extends 1½ in. above back. Using floss as above, sandwich and tie jaw in place. Sandwich legs and tail; glue on collar. Place jelly bean on stick tip.

Horse: Glue mane, tail, and stick in place between body pieces. Assemble legs as follows: hoof to lower leg, lower leg to upper leg. Sandwich legs to body as above.

AMISH DIAMOND QUILT, page 62

Materials: 45-in.-wide fabric in following colors and amounts: 2½ yd. purple, 2 yd. dark pink, 1½ yd. grass green, 4¾ yd. backing; 9½ yd. 1¼-in.-wide purchased or self-made grass green binding; 84×84 in. batting; matching threads.

Instructions: Finished size, approximately 82×82 in. Unless otherwise stated, sew with right sides together using ¼-in. seam allowance. Refer to diagram (*page 73*) for assembly.

Cutting: Cut outer border as follows: 4 purple bands 10½×62½ in. and 4 pink 10½-in. squares. For inner border, cut 4 green bands 6½×50½ in. and 4 pink 6½-in. squares.

For center, cut 1 purple 23½-in. square, 4 green bands 6½×23½ in., 4 purple 6½-in. squares, and 4 pink right triangles with 25½-in. straight edges and 35½-in. diagonal.

Piecing: Beginning with large center purple square, sew green center bands to 2 opposite ends. Sew 6½-in. purple square to each end of 2 remaining green bands. Sew these to other sides of purple square for center. Sew long edge of each pink triangle to each side of square. Center will now be square on point or diamond.

Sew large green band to top and bottom of center square. Sew 6½-in. pink squares to remaining green band ends; sew these to sides.

For outer border, sew purple band to top and bottom. Sew pink squares to ends of remaining purple bands; sew these to sides.

Sew center back seam on backing.

Assembly: Layer backing, batting, and quilt top. Baste together starting at center and working to outer edges. Machine- or hand-quilt as desired.

Trim batting from edges. Sew binding to front along outer edges; turn to back, folding under ¼ in. Slip-stitch folded edge over seamline.

SNOWFLAKE PLACE MATS, page 64

Materials: *For each place mat:* 18-in.



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square of glazed shelf paper; scissors; crafts knife.

Instructions: Fold square in half; keep repeating in both directions until of desired size. Cut assorted shapes around square edges and center. When finished, carefully unfold and smooth to flatten.

BRAIDED TREE SKIRT, page 60

Materials: 5 yd. each of 3 different fabrics; two 24-in. lengths ribbon.

Instructions: Lay out each fabric to full length; loosely twist into ropelike length. Tie 3 lengths at one end with ribbon; braid into long length. Tie remaining end with ribbon. Starting at back, wrap around tree repeatedly for desired fullness, tucking remaining end under braid.

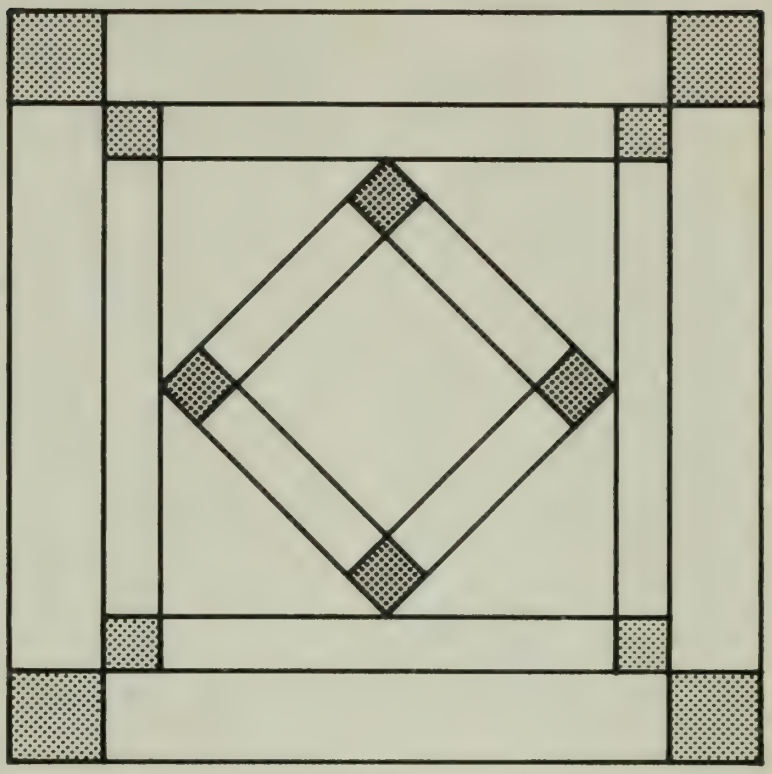
ANGEL IN TRAINING, page 60

To order full-size pattern, see page 181.

Materials: 45-in.-wide fabric in following colors and amounts: ⅓ yd. purple for dress, ¼ yd. gold for stars,

continued on page 74

AMISH DIAMOND QUILT





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continued from page 73

¼ yd. muslin for face and arms; 12×20-in. scrap dark red for legs and appliqué; 6×9-in. piece periwinkle for stripes; 12×15-in. scrap turquoise for wings; ¼ yd. fleece; Wonder-Under transfer web; heavy-weight iron-on interfacing; 12-in. gold cord for hanger; pearl cotton or embroidery floss to match dress; four 1¾-in.-diameter buttons; two 5-mm black beads; 2 cotton balls; 2 copper scouring pads; 9×18-in. piece ¼-in. foam-core; 18-in.-long piece 20-gauge gold cloth-wrapped florist's wire or stem wire; black fine-tipped permanent marking pen; red and blue pencils; powdered rouge; polyester fiberfill; crafts glue; hot-glue gun and clear glue sticks.

Instructions: Finished size, approximately 14×19 in. Enlarge pattern (*page 75*) to scale (400 percent). From foam-core, cut 1 head, 2 legs, and 2 bodies. Cut same from fleece. Spot-glue fleece to top of each piece, reversing 1 body and 1 leg.

Body: Using body pattern, cut 2 purple pieces ¾ in. larger all around. Following manufacturer's instructions on transfer web, cut and fuse 2 yellow and 1 red star to body front. Center wrong side of fabric over fleece-lined side of foam-core; evenly stretch and pin fabric to edges of foam-core. Glue edges to back, mitering corners. Repeat for back.

Arms: On doubled thickness of muslin and with right sides together, draw around arm pattern. Sew on line leaving opening for turning; trim. Clip; turn right side out. Lightly stuff arm and hands; blindstitch opening closed. Hand-sew finger divisions using backstitch. If desired, draw in fingernails with black marker and color with red pencil. Repeat for other arm.

Cut out sleeve. With transfer web, fuse ¾-in.-wide strip of turquoise fabric along bottom of each sleeve. Trim sleeve bottom slightly with pinking shears. Sew sleeves together in pairs. Turn; using long stitches, hand-sew gathering thread of pearl cotton 2 in. up from bottom edge of sleeve, beginning and ending at seam side. Insert arm into sleeve, pull floss to gather sleeve around arm. Tie floss tightly with bow. Repeat for other arm.

Position 1 arm on front piece at A marking. With floss-threaded needle, begin on back of foam-core; push needle through to front and through right arm at dot. Slip 1 bead onto needle, push needle back through arm and foam-core to back. Knot ends of floss together; secure with dot of glue. At position B on pattern, repeat for left arm on back body piece. Set front and back pieces aside.

Legs: Cut 2 legs from red ¾ in. larger all around except top edge. Reverse direction of 1 leg. Fuse transfer web to periwinkle for stripes. Cut six ½-in.-wide stripes to fit leg pattern. Fuse stripes to legs along shaded portions numbered 1, 2, and 3. Decoratively machine-zigzag edges of stripes

Humbug



© Eastman Kodak Company, 1991

using contrasting threads. With foam-core fleece-side-up, glue leg fabric to leg in same manner as body pieces.

From red, cut 2 more legs same size as pattern. Fuse and zigzag stripes to each leg same as above. Back each leg piece with heavy iron-on interfacing. Glue pieces to back of foam-core legs to finish, trimming as needed.

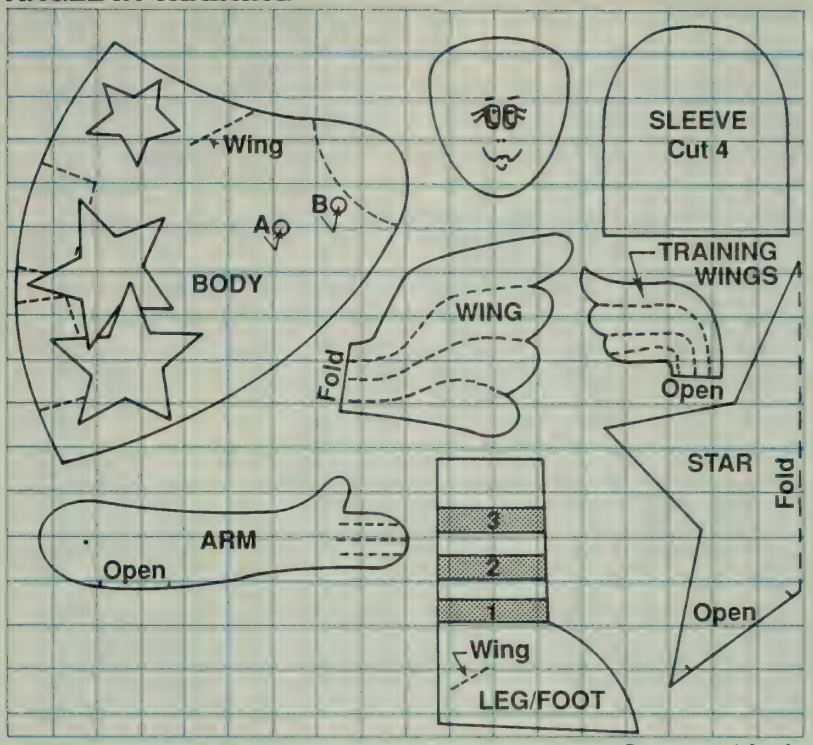
Training wings: On doubled thickness of fabric, draw around wings. Sew on line leaving opening; trim. Clip curves and corners; turn right side out. Stuff lightly; blindstitch opening closed. Make 4 wings. Using regular machine stitch, sew wing divisions as marked by dotted lines. Glue or tack wing to heel of each foot front with straight edge aligning with dotted line. Glue remaining wings to backs of feet, offsetting slightly. See photograph on *page 61* for detail.

Cut paper or interfacing-backed-fabric circles to fit button centers; glue in place. Glue buttons to bottom corners of feet for wheels.

Position and glue legs to inside of

continued on page 77

ANGEL IN TRAINING



1 Square= 1 Inch

Shutterbug



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Sunbeam-Os

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continued from page 75

body front as indicated by dotted lines. Fold gold cord in half; knot. Glue knot to back of front body piece at upper edge of wing marking.

With wrong sides together, glue body back to front, gluing around edges, except at bottom of skirt where back will be glued only to top of legs. *Note:* For best results, use large dots of glue in spots; pieces will not fit together flatly all around.

Head and face: Cut muslin face ¾ in. larger all around. Draw features with marking pen; fill in with pencils. Glue 2 cotton balls to face on top of fleece for cheeks. Glue muslin face to foam-core head in same manner as body. Brush cheeks with rouge.

Pull apart glued end of 1 scouring pad; unfold pad into long tube. Gather each end; wrap with thread 1 in. up from bottom. Knot thread. Lay copper tube around sides and top edge of head, allowing some of tube to fall over back portion of head. Tack front portion in place with thread, sewing through foam-core. Glue back portion to back of head. Hot-glue head to body front as indicated. If necessary, pull apart second scouring pad; cut and glue piece to cover any exposed foam-core at head back.

Wings: Prepare in same manner as training wings. Unevenly fold wings in half so both wings show; glue to body back as shown on pattern.

Star: On doubled thickness of fabric and with right sides together, draw around pattern. Sew on lines leaving opening on 1 point; trim. Clip corners; turn right side out. Topstitch ⅛ in. from edge leaving opening free. Firmly stuff star. Using zipper foot, continue topstitching. Position star in arms so hands will wrap around and hold star; tack fingers in place.

Halo: Wrap 1 end of stem wire around a mug; twist end around remaining wire length. Bend circle down at 45-degree angle. Insert vertical piece of wire behind head between body pieces or glue to body back.

TREETOP STAR, page 64

To order wood-burning tool, see page 181.

Materials: 13×13-in. piece ¾-in.-thick clear pine; five ⅜-in.-diameter straight twigs approximately 5 in. long; ⅞×6⅜-in.-long metal strip for hanger; 2 small screws; acrylic paints in desired colors; acrylic gloss or matte medium; wood-burning tool; drill; saw; sandpaper.

Instructions: Finished size, approximately 11½ in. tall.

Enlarge pattern (*page 78*) to scale (533 percent). Transfer pattern to pine; cut out star shape. Sand all surfaces smooth. Carefully drill ⅜-in.-diameter holes ½ in. deep at each inner corner for twigs.

Wood-burn design details on top, back, and sides of star using basic wedge-shaped tip.

continued on page 78

DINE ON A SUBMARINE THIS EVENING.

color it Christmas

continued from page 77

Using undiluted acrylic paint for intense color or watered-down acrylic for lighter, watercolored look, paint each ornament as desired. Seal with acrylic gloss or matte medium.

Strip and whittle twigs to fit corner holes. Paint top half-inch one color; paint remainder another color.

Bow metal band to leave about ¾-in. space between band and star back. Attach hanger to back with screws.

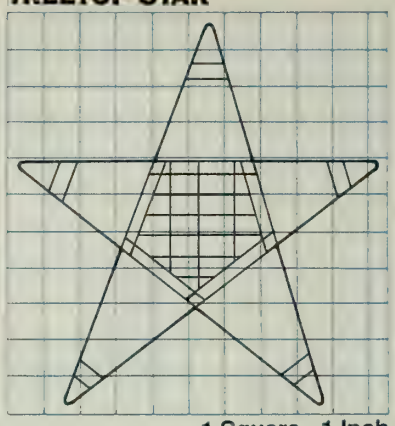
PAINTED TREE SKIRT, page 64

Materials: 1 yd. preprimed artist's cloth; acrylic paints in desired colors; assorted brush sizes.

Instructions: Finished size, approximately 29-in.-diameter circle.

On artist's cloth, draw 29-in.-diameter circle; cut out. At center, draw 2½-in.-diameter circle. Draw radius from inner circle to outer edge. Cut along radius; cut out inner circle. Paint as desired using simple shapes such as stars, lines, dots, squiggles, and hearts. See photograph on *page 65* for ideas.

TREETOP STAR



1 Square= 1 Inch

THREE BEASTIES, page 60

To order full-size patterns, see page 181.

Materials: *Note:* To increase durability, substitute sweatshirt knit for felt on bodies. Fuse nonwoven, nonstretch iron-on interfacing to wrong side of knit to prevent stretching.

For Long-Snouted Beastie: various scraps of felt (body, snout, lips, ears, tail flag, and feet) and sweatshirt fleece (arms, fingers, and tail) in bright colors; assorted colors of thread, embroidery floss, and crewel yarns; 6×40-in.-piece tulle for neck bow; 2 mismatched black shank buttons; several bundles of 20-gauge wire from hardware store for wire armature; cardboard; polyester fiberfill; 2 small tassels for earrings; 1 cup rice or beans; small plastic bag.

For Kanga Beastie and Baby: various scraps of felt (bodies, pouch, feet, fin, and tail) and sweatshirt knits (arms and fingers); odd buttons; assorted scraps of thread, embroidery floss, and crewel yarns; polyester fiberfill; ½ yd. tulle; 1 cup rice or beans; small plastic bag.

For Long-Legged Beastie: same as for Kanga Beastie except omit tulle;



wire as for Long-Snouted Beastie. *Note:* Use felt for main body and sweatshirt fleece for legs.

Instructions: Approximate finished size of Long-Snouted and Kanga Beasties, 12½ in. tall; Long-Legged Beastie, 7-in. body with 11-in. legs. Unless otherwise stated, sew with right sides together; pattern includes ¼-in. seam allowance.

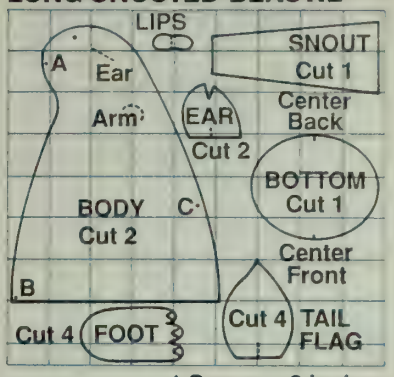
Enlarge patterns (*right and page 80*) to scale (800 percent).

Long-Snouted Beastie: For each of 6 fingers, cut 2 × 7-in.-piece sweatshirt knit. Fold in half, wrong sides together, to make 2 × 3½-in. rectangle. Roll lengthwise, encasing raw edges, and wrap with thread. Tack 3 together at base for each hand.

For each arm, cut 5½ × 12-in. piece from sweatshirt fleece; fold wrong sides together with short ends overlapping at middle of fabric. Place 3 fingers over one fold; roll arm piece around fingers. Randomly wrap with thread, floss, or yarn to secure. Repeat for other arm.

For each foot, cut 2 pieces from felt,

LONG-SNOUTED BEASTIE



1 Square= 2 Inches

flopping pattern for one foot. Whipstitch around edges with embroidery floss. Satin-stitch toenails.

For tail flag, cut 4 layers of felt; layer together and buttonhole-stitch outer edges. Fold as indicated.

For each ear, cut 2 felt pieces making sure to flop for other ear. Whipstitch outer edges together. Fold in half along dotted line.

For lips, cut 2 felt pieces; whipstitch edges together; fold in half.

From knit, cut 20-in.-long tail, starting with 9¼-in. width at one end and tapering to 5 in. at other end. Cut snout from felt.

For wire armature for tail and snout, twist 3 lengths of wire together; bend ends in. Wrap with batting, then with outer covering. Slip-stitch long edges together. Randomly wrap tail with embroidery floss or crewel yarn; secure ends.

Tuck straight edge of tail flag into tail end; sew in place. Tuck folded edge of lips into snout end and sew in place, pleating lips if necessary.

For body, sew seam from B around front to C. Stuff firmly from top to bottom. To weight bottom, insert small bag of rice or beans when stuffing. Sew tail into center back seam even with bottom.

Cut cardboard bottom ¼ in. smaller than pattern; glue felt bottom to cardboard bottom. Turning under raw edge, slip-stitch bottom in place.

Slip-stitch snout to front at A. Tack or glue feet on bottom. Sew arms and

continued on page 80

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color it Christmas

continued from page 79

ears on body. Sew on eyes and nostrils. Tie tulle neck bow on and sew on tassel earrings.

Kanga Beastie with Baby: Sew center front seam from A around front and top to B. Turn; stuff tightly. Weight bottom as above.

Cut and attach cardboard and felt bottoms as above.

Sew baby, leaving opening as indicated. Stuff; sew opening closed. Using black floss, make French knot eyes as marked on front.

For fingers, make in same manner as above using 3×4-in. piece of fleece with 3-in. dimension for finger length.

For arms, make in same manner as above using 4×6-in. piece of fleece. Turn under raw edges and slip-stitch to body as marked.

Make feet in same manner as above using 3 thicknesses of felt. Glue or tack to bottom.

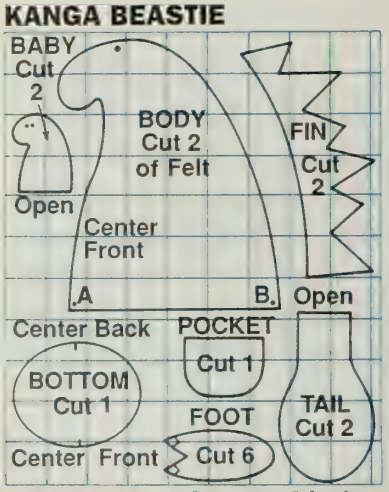
For fin, cut 2 different-colored fins. Buttonhole-stitch around outer edges to sew together. Stuff wad of fiberfill in each point; slip-stitch to body along center back seam 1 in. above bottom, turning under raw edges.

Center pocket on front 1 in. up from lower edge. Sew pocket to body with overcast stitch, leaving enough slack for baby.

Sew felt or knit tail, leaving end open. Turn and stuff firmly; slip-stitch opening closed. Randomly sew buttons to top of tail. Tack tail to bottom so tip of tail is near center.

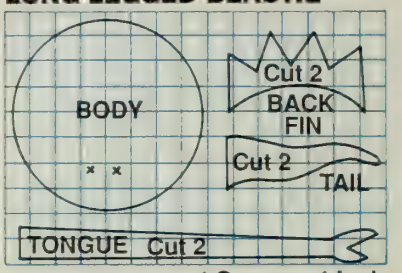
Sew 2 round shank-style black buttons for mother's eyes. Cut tulle strip for Kanga and Baby; wrap head and tie at neck.

KANGA BEASTIE



1 Square= 2 Inches

LONG-LEGGED BEASTIE



1 Square= 1 Inch

Long-Legged Beastie: For body, cut 2 each of 2 different colors. Sew contrasting colors together around outer edge; make 2. Cut slit in center of underside; turn. Stuff each firmly; slip-stitch opening closed. Set aside.

Cut 2 fin pieces; make in same manner as Kanga, omitting stuffing. Sew to top center back of body.

Cut 2 tongue pieces from felt. Make wire armature same as for Long-Snouted Beastie arms. Lightly pad wire; lay inside tongue. Whipstitch edges together. Sew tongue on bottom half of body inside near center.

For each of 6 different-colored legs, cut fleece or felt 19 in. long, starting with 3½-in. width at one end tapering to 2¼-in. width at other end. Make wire armature as for tongue. Pad armature with fiberfill; wrap fabric piece around all. Slip-stitch edge. Wrap with yarns or floss. Turn under small end, turning raw edges to inside; tightly wrap yarn around end of leg for about 1 in., forming foot. Lay legs on inside surface of bottom piece so 3 legs are centered on each side and inner tips of left legs touch inner tips of right legs; sew in place.

Layer upper body over lower with inside edges together and legs and tongue in place. Sew bodies together at rear between legs. Starting at front edge of legs and working toward center, sew bodies together for about 1 in.; leave remainder open for mouth.

Make tail in same manner as fin; sew in place at center back.

For eye stacks, cut two 3½×4-in. pieces fleece; fold to 2×3½ in. Roll tightly; wrap with thread, like fingers on other beasties. Satin-stitch one end for eyes. Cut small X in finished body; force eye stacks into felt, turning under raw edges. Sew or glue in place.

WOOD-BURNED BIRD, STAR, AND HEART ORNAMENTS, page 64

To order precut ornament set or wood-burning tool, see page 181.

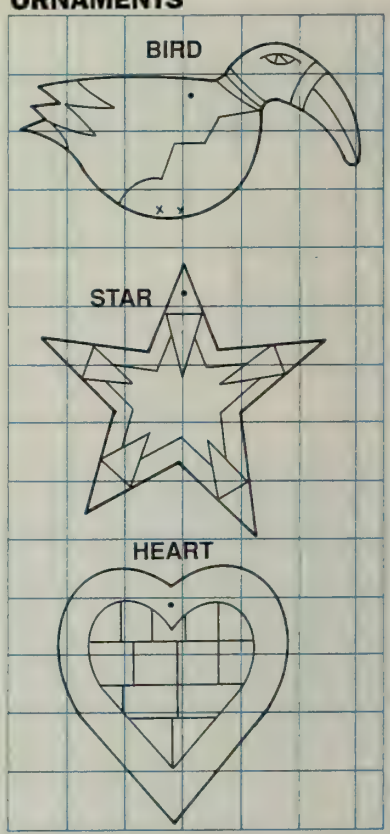
Materials: Scraps of ¼- to ½-in.-thick clear pine; wood-burning tool; acrylic paints; acrylic gloss or matte medium; sandpaper; paintbrushes; string or ribbon for hanger.

Instructions: Finished size, approximately 5 in. Enlarge patterns (*below*) to scale (320 percent).

Cut out and sand smooth. Drill ⅛-in. hole for hanger at dot. Wood-burn detail lines as shown or as desired. Paint and seal as described for Treetop Star on *page 77*.

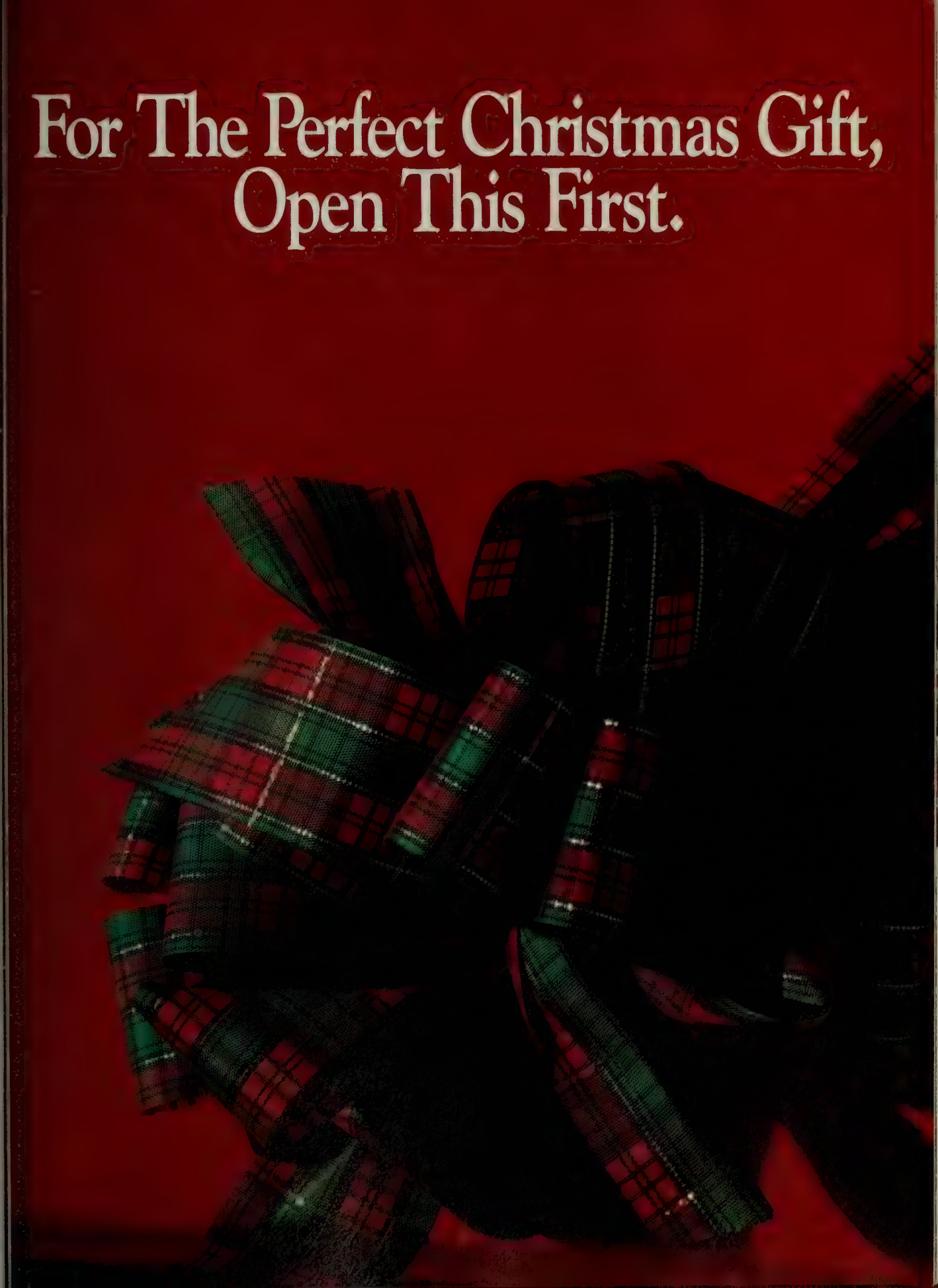
For bird legs, cut 2 straight 3/16-in.-diameter twigs approximately 3 in. long. Drill two ⅛-in.-diameter holes ½ in. deep at Xs in side of bird. Paint twig legs; shape ends to fit holes.

WOOD-BURNED ORNAMENTS



1 Square= 1 Inch

For The Perfect Christmas Gift, Open This First.

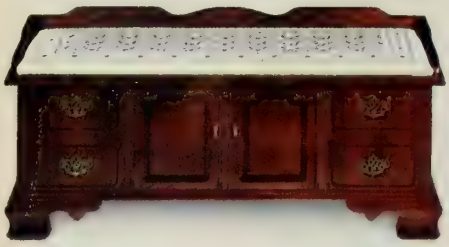


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The gift of tradition. For that very special person on your Christmas list, the gift of a genuine Lane Cedar Chest has always been a very special statement of love. Lane offers more than 100 styles to store her treasured keepsakes. All with the legendary craftsmanship that, for over 78 years, has made Lane synonymous with the finest in natural cedar protection.

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Traditional wing chair recliner.



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Classic design as a rocker or Wall-Saver® recliner.



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PARLIAMENT No. 1972.
Skirted wing chair as a rocker or Wall-Saver® recliner.



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For half a century, the song, "White Christmas," has touched us with the holiday spirit. For there is something about that lovely melody and those timeless images of treetops glistening...and sleighbells ringing in the snow...that set the heart aglow.

Now, you can join Lenox in celebrating the 50th anniversary of this beloved holiday song with a special limited-edition work of art. *The Lenox White Christmas Music Box* portrays a classic winter sleighing scene sculptured in the queen of porcelain, fine bone china, adorned with 24 karat gold. And it plays the lovely melody of "White Christmas" with a sweet, chiming music box movement. An imported Lenox® exclusive, available for $136, in convenient installments.

This holiday treasure will be produced only until the end of the "White Christmas" anniversary year. But it will be cherished as part of all your Christmases to come. Reserve your music box by December 31st. 649749

"White Christmas" by Irving Berlin
1942. Irving Berlin Music Corporation.

Limited Edition. • Please mail by December 31, 1991.

Please enter my reservation for *The Lenox White Christmas Music Box*, to be crafted for me in pure white bone china enriched with 24 karat gold, and issued in a single, limited edition.

I need send no money now. I will be billed in eight monthly installments of $17* each.

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*Plus $5.98 per music box for shipping, handling and insurance. Sales tax will be billed if applicable.

The Lenox White Christmas Music Box

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P.O. Box 3020, Langhorne, Pennsylvania 19047-9120

L E N O X . S I N C E 1 8 8 9 .

to Grandmother's House we go

BY REBECCA JERDEE

Thomas Wolfe wasn't exactly right when he said we can't go home again. We CAN go home at Christmastime, by way of the heart. That's the way to holiday activities at Ron and Susan





PHOTOGRAPHS: PERRY STRUSE

McBroom's little house in the Iowa woods. Parents of four and grandparents of seven, Susan and Ron have a knack for celebrating with the heartfelt and the handmade. And, when the McBroom clan gathers several times during the holidays, you'll hear the sounds of laughter, singing, and rowdy play. Come and see. It's just a dash over the river and a run through the woods.

No holiday glitter compares to the sparkle in the eyes of a grandchild. Jessie and her dress-alike teddy cozy up in a rocker close to the Christmas tree.



Amanda and Grandma Susan treat the birds to cereal garlands and bread stars. Red ribbons attract the birds.

Grandmother's House



Ron's handbuilt fieldstone fireplace is the heart of McBroom Christmases. Simple mantel charms include a star from the tree. For star patterns, see page 100.

Buying information, page 172.



Riding the fastest sled in his collection, Ron leads a pack of grandkids and Cabot, the dog, down a slope.

Christmas wouldn't be Christmas without its frantic moments, so Susan and Ron avoid the hassle by celebrating with simple and enduring traditions. Away from the complications of city travel and crowds, they choose to make gifts and decorations by hand. In the living room, easy-to-cut-out pine stars and popcorn garlands grace a glorious homegrown tree. Inexpensive cotton, torn into strips and left unhemmed, highlights the tree with red. Oranges, once a traditional European Christmas gift, are the jewels in the room. They turn up as ornaments on a post, pomanders in a tray, and votives for the table.

Beribboned log reindeer slip among the trees in the front yard. *Instructions, page 100.* To make bright candle holders, carve openings in oranges and press votives into the fruit.





Grandmother's House

For these mitten trims, draw around children's hands (recipe, page 99). Need an easy punch? Mix two 12-ounce cans of cranberry–raspberry juice cocktail concentrate and two 1-liter bottles of chilled orange-flavored carbonated water.





To garnish the punch with orange rind stars, cut oranges in quarters, remove the pulp, flatten each rind section, and press a small star-shape cookie cutter through it.

Grandmother's House

Like other growing families, the McBrooms may not gather all in one place at one time for Christmas. But they're flexible—a Christmas brunch here, a dinner party there, handmade gifts and videos sent via the mail—all these doings keep family members connected. When this small circle of Iowa residents expands to include faraway children, simple snacking by firelight turns into feasting.



Stamp butcher paper with a star cut into a potato and pressed into acrylic paint.

Buying information, page 172.



Brett and Sherry McBroom, with their daughters, spend a pre-holiday wrap session with his parents.



Cousins Amanda, David, and Erin push Jessie in a sled Grandpa made. Ron builds each young grandchild a sled of his or her very own.

McBroom style exemplifies American style. Comfortable in blue jeans, they usually celebrate with casual flair, gathering together as many friends and relatives as possible when the time is right. Fond of ice skating on their pond or sledding down long, wintry hills, they often spend a rowdy afternoon outdoors. Later, when everyone's cheeks are bright from the snow and cold, they return home for a hearty meal of soup, breads, dessert, and, yes, carol singing.



Grandmother's House

When the table is too small to seat a full house on sing-along nights, Susan sets a serve-yourself buffet. Wooden soup bowls, rough-textured containers, colorful candles, and copper kettles provide a feast for the eyes as well as food for the hungry.



Buying information, page 172.



For a quick wreath, untwist the top of a coat hanger and thread fruit onto the wire. Retwist the hanger and fasten it to a purchased twig wreath.

Like snowfall in the silent forest, this peace-on-earth sampler reflects the Christmas message. *Instructions, page 101.*





The candle holder designed and built by Ron shows his passion for sophisticated Shaker lines. To make his candle holder, *see page 101.*



Grown-up kids don't mind stocking stand-ins. Slip sport socks over antique stocking stretchers and don't worry about filling them. BH&G

Grandmother's House



Sensational Beef Stroganoff

1 lb. boneless beef round steak, cut ¼" thick
2 tbsp. margarine, divided
½ cup chopped onion
1 can Campbell's® Cream of Mushroom Soup
½ tsp. paprika
½ cup sour cream or plain yogurt
Hot cooked noodles
Chopped fresh parsley for garnish

1. Slice beef across the grain into *very* thin strips.
2. In skillet over high heat, in 1 tbsp. hot margarine, cook ½ the beef and ½ the onion until beef is no longer pink and onion is tender; set aside. Repeat with remaining margarine, beef and onion.
3. Return meat mixture to skillet. Stir in soup and paprika. Heat through, stirring occasionally. Reduce heat to very low. Stir in sour cream. Gently heat through. Serve over noodles. Garnish with parsley.

6 servings. Recipe may be doubled.

Prep time: 10 min.
Cook time: 12 min.

Tip: To make slicing easier, freeze beef 1 hr.

Simple Salisbury Steak

can Campbell's Cream of Mushroom Soup, divided
lb. ground beef
cup dry bread crumbs
1 egg, beaten
¼ cup finely chopped onion
1½ cups sliced mushrooms

In bowl, mix *thoroughly* ¼ cup of the soup, beef, bread crumbs, egg and onion. Shape *firmly* into 6 patties.

In skillet over medium-high heat, cook patties, a few at a time, until browned on both sides. Spoon off fat.

Stir in remaining soup and mushrooms; return patties to skillet. Reduce heat to low. Cover; simmer 20 min. or until done, turning patties occasionally.

6 servings.

Prep time: 10 min.
Cook time: 30 min.

Serving Suggestion: Pictured with steamed whole green beans.

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Grandmother's House

continued from page 92

MITTEN AND GLOVE ORNAMENTS

These decorated cookies aren't for eating! That's because the frosting contains raw egg whites. If you're tempted, enjoy a cookie before you decorate it—

1 recipe Gingerbread Cookie Dough
3 egg whites
1½ tsp. cream of tartar
3 cups powdered sugar
Food coloring

- **Prepare cookie dough and chill as directed.**
- **On sturdy cardboard** or heavy paper, draw around children's hands to make glove and mitten shapes; even out the lines into pleasing shapes and cut out. Use cardboard or paper cutouts as guides to cut cookie dough.
- **If your glove or mitten pattern is 5 inches or longer,** roll a portion of the desired cookie dough to ¼ inch thick directly on a lightly greased cookie sheet. Place cutouts on dough, leaving ½-inch space between cutouts. Cut around cutouts and remove excess dough. Punch hanging holes with drinking straw. Bake mitten and glove cookies in a 375° oven for 5 to 6 minutes or till cookie edges are light brown. Cool on cookie sheet for 2 minutes; transfer to wire racks. Cool completely. Repeat till all the dough is used.
- **If your glove or mitten pattern is smaller than 5 inches,** roll *half* of the cookie dough to ¼-inch thickness on a lightly floured surface (instead of the greased baking sheet). Lay cardboard cutouts on dough and cut dough with a knife. Transfer dough cutouts to an ungreased cookie sheet. Punch hanging holes with drinking straw. Bake as directed. Cool on the cookie sheet for 1 minute; transfer cookies to wire racks and cool completely.
- **To decorate, sift powdered sugar.** In a large mixing bowl beat egg whites and cream of tartar with an electric mixer on medium speed till frothy. Add powdered sugar, *¼ cup* at a time, to egg white mixture, beating till stiff peaks form. If desired, divide frosting into smaller bowls and stir food coloring into each batch. Cover frosting with a wet towel or plastic wrap if not using immediately. Frost cookies as desired; let dry. To cover a large portion of a cookie with frosting, stir a small amount of boiling water into the frosting till frosting reaches a thinner spreading consistency. Use a small brush to apply thinned frosting. Let frosting set up before decorating with another color. This icing will harden as it dries on the cookies.

GINGERBREAD COOKIE DOUGH

Use this cookie dough to make the nonedible, decorated Mitten and Glove Ornaments. Or, for holiday feasting, bake the cookie cutouts in a 375° oven for 5 to 6 minutes but don't decorate the finished cookies with the egg white frosting as described above—

½ cup shortening
2½ cups all-purpose flour

continued on page 100



A Few More Packages To Tear Open This Holiday.

Amid the hustle and bustle of gift-giving, who has time for cooking?

That's why Schilling's mixes, from our Turkey Gravy Mix to our Taco Seasoning, let you wrap up your holiday cooking in minutes flat. With quick, easy recipes for delicious party treats and mouth-watering entrees the whole crowd will tear into.

Now that's something to celebrate.

CHILI CHEESE LOG

Beat 1 pkg. Chili Seasoning, 2 pkg. (8 oz.) cream cheese and 3 tbsp. salsa. Shape and top with chopped nuts and shredded Monterey Jack cheese. Chill until firm. Decorate as desired. Serve with assorted crackers and vegetables.



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1991

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Grandmother's House

continued from page 99

- **½ cup sugar**
- **½ cup molasses**
- **1 egg**
- **1 Tbsp. vinegar**
- **1 tsp. baking powder**
- **1 tsp. ground ginger**
- **½ tsp. baking soda**
- **½ tsp. ground cinnamon**
- **½ tsp. ground cloves**

● **In a mixing bowl beat** shortening with an electric mixer on medium to high speed for 30 seconds. Add about *half* of the flour, the sugar, the molasses, egg, vinegar, baking powder, ginger, baking soda, cinnamon, and cloves. Beat this mixture till thoroughly combined. Beat in the remaining flour. Cover the dough and chill in the refrigerator for 3 hours or till the dough is easy to handle.

STAR TREE ORNAMENTS, page 84

Materials: Scraps ½-in. pine; scroll or jigsaw; sandpaper; Deft wood finish.
Instructions: Finished sizes range from 2½ to 8 in.

Enlarge pattern (*below*) to scale (400 percent). Transfer desired sizes to pine, tracing either dotted lines or solid lines. Cut out shapes.

To make star outline shape that has star cut from middle, trace 2 sizes of stars (either both solid lines or both dotted lines) from pattern. Cut out both outer and inner star shapes, ending up with outline of star.

Drill small hole in star point for hanger. Sand; apply finish.

PINE STAR ORNAMENTS



1 Square= 1 Inch

LOG REINDEER, page 85

Materials: *For each reindeer:* logs in the following sizes: one 9-in. diameter and 17 in. long, one 5-in. diameter and 6 in. long; 36-in.-long willow branches in following diameters: two 1⅛-in., two 1¼-in.; long nail; hammer; drill.
Instructions: Finished size, approximately 36 in. tall.

Body: On bottom of body log, drill four 1-in.-diameter holes for legs. Holes should be 2 in. deep and 2 in. in from either end and 2½ in. apart from each other. Holes for front legs should be straight up and down; holes for rear legs should be angled toward center so legs slant out slightly. Mark angle of rear legs before drilling.

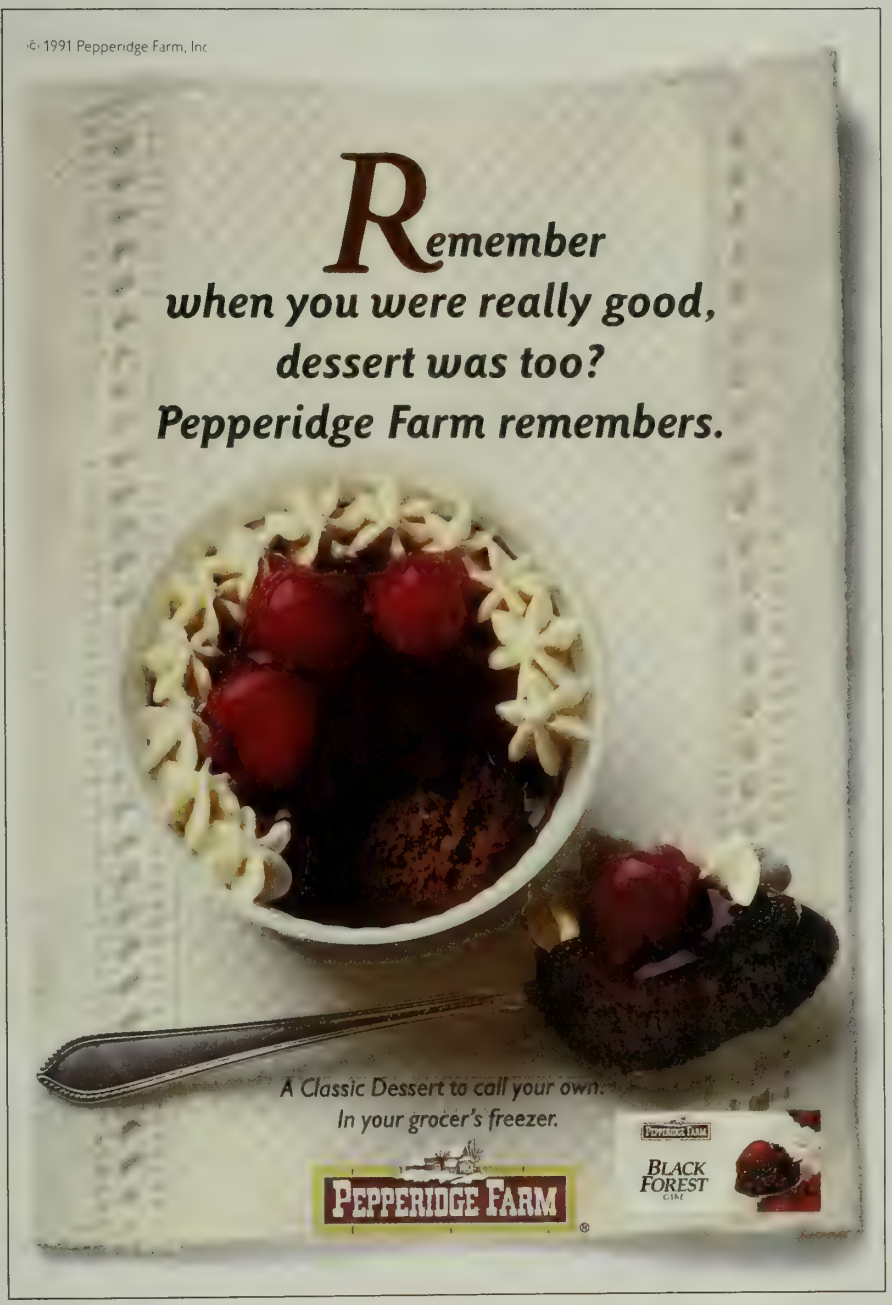
From 1⅛-in.-diameter branches, cut two 24-in.-long front legs. From 1¼-in.-diameter branches, cut two 25-in.-long back legs. Fit legs into holes, trimming bark for tight fit.

With deer standing, drill 1-in.-diameter hole 2 in. deep in body log for neck. Hole should be on top center of log 2 in. back from front end of log. For head held high, drill hole vertically. For angled head, drill hole back at slight angle.

Head: On bottom of head log, drill 1-in.-diameter hole 2 in. deep and 1 in. in from end of head. For neck, cut 1⅛-in.-diameter willow branch 6 in. long. Trim bark as necessary for tight fit of head to neck to body.

Cut antlers similar to each other for matched pair. Cut end should be slightly larger than ½ in. diameter. Mark desired placement of antlers. Drill 2 holes ½-in. diameter and 2 in. deep about 1 in. from back end of head. Trim bark on antlers as needed for tight fit.

Tail: From remaining willow branch, cut tail with tip at very sharp angle. Bottom of tail should be notched about ½ in. deep and 2 in. long from side and bottom end. Fit tail to top center of back end of body; secure with nail.



SHAKER CANDLE HOLDER, page 92

Materials: 4×17-in. scrap ¾-in. pine; 6×9-in. scrap ½-in. pine; one 1½-in. candle cup; 1½-in. No. 3 finish nails; one 1-in. No. 8 wood screw; one 3-in. purchased Shaker peg; sandpaper; stain; varnish.

Instructions: Finished size, approximately 16 in. tall.

Note: Never leave burning candles unattended. Do not allow candles to burn down to base. Keep candles away from curtains, Christmas tree branches, and other objects that might blow into flames.

From ¾-in. pine, cut back 16 in. long, tapering from 2 in. at top to 3½ in. at bottom. Drill 1⅛-in.-diameter hole on center 1¼ in. down from narrow top end. Rout hole on both sides with 45-degree chamfer bit; rout around outside edge to within ½ in. of bottom.

From ½-in. pine, cut 5½×8-in. base. Cut 3½-in.-wide section out of one 5½-in. end, centered, to 2⅝-in. depth. Rout top of base in same manner as back excluding 3½-in. edge. Fit back flush to base; glue and nail with 3 finish nails.

Screw candle cup to base, centering.

Sand and finish as desired.

Hang on Shaker peg. *Note:* Candle holder will not hang straight if not hung on this peg. Tails at back will hold candle holder away from wall.

PEACE ON EARTH SAMPLER, page 92

To order sampler kit, see page 181.

Materials: 16×18-in. piece ivory 14-ct. Aida cloth; DMC embroidery floss in following colors: No. 321 Christmas Red, No. 434 Light Brown, No. 909 Very Dark Emerald Green, and No. 946 Medium Burnt Orange.

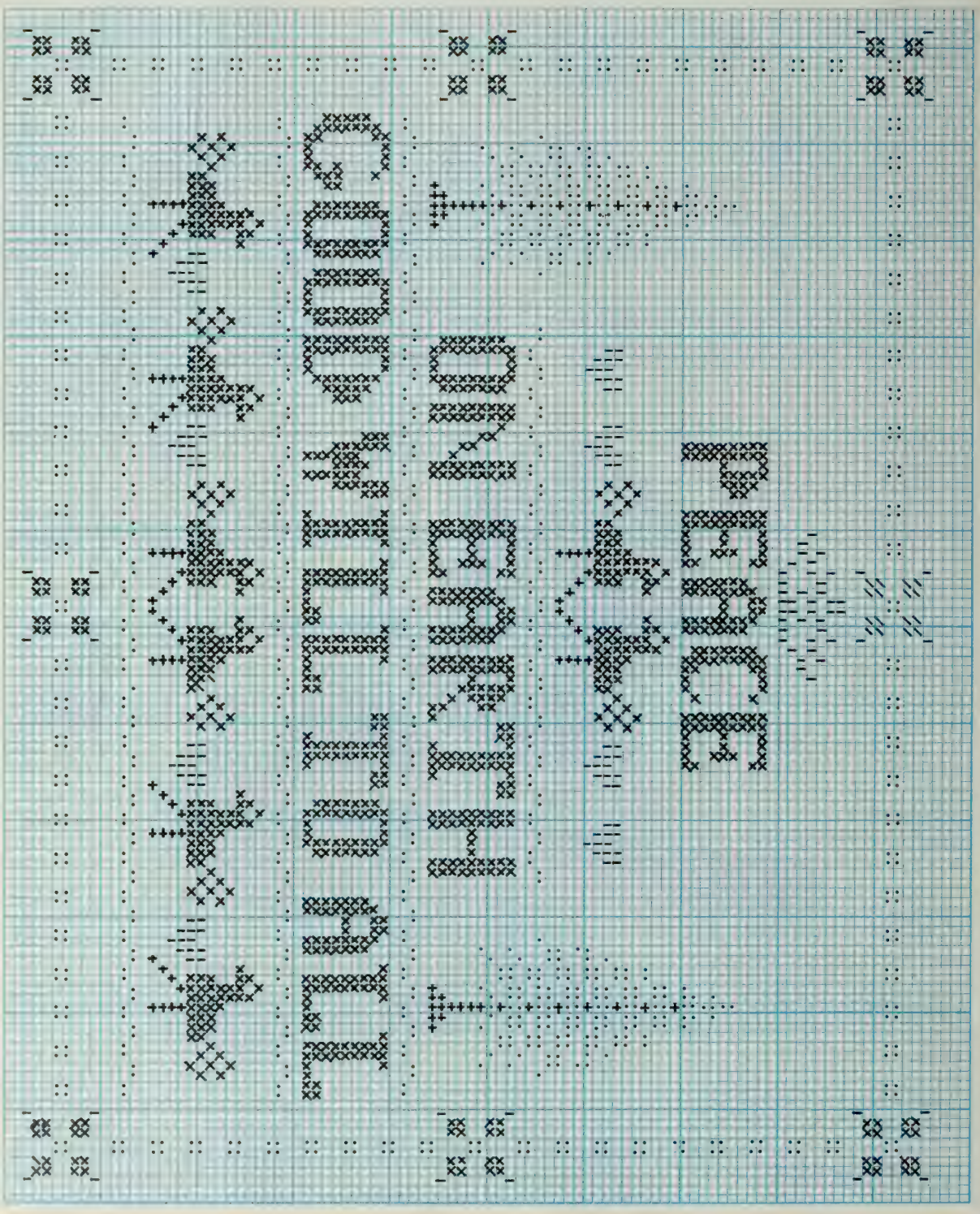
Instructions: Finished design size, approximately 8⅞×7 in.

Beginning at center of cloth and center of chart and using 2 plies of floss, cross-stitch design according to chart on *page 102*. Frame and mat.

continued on page 102

Grandmother's House

continued from page 101



PEACE ON EARTH SAMPLER

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And now, when you give Whitman's chocolates, you can receive a LIMITED EDITION 150th Anniversary collector's plate, FREE.

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Treat it like an ordinary blanket. Sit on it, tuck it in, or wrap it around you. To clean —toss it in your washer.

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Easy to make.
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CLASSIC SOUR CREAM CHEESECAKE

Prep time: 25 minutes
Total time: 3 hours

(Makes one 9-inch cheesecake)

- 1½ cups shortbread cookie crumbs
- 2 tablespoons margarine or butter, melted
- 3 (8-ounce) packages cream cheese, softened
- 1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)
- 4 eggs
- 1 (8-ounce) container sour cream
- 1 tablespoon vanilla extract
- 1 (21-ounce) can Comstock® Brand Cherry Filling or Topping, chilled

Preheat oven to 350°. Combine crumbs and margarine; press firmly on bottom of 9-inch springform pan. In large mixer bowl, beat cheese until fluffy. Gradually beat in sweetened condensed milk until smooth. Beat in eggs then sour cream and vanilla. Pour into prepared pan. Bake 50 to 55 minutes or until lightly browned around edge (center will be slightly soft). Cool. Chill. Top with cherry filling. Garnish as desired. Refrigerate leftovers.





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- **1 tablespoon vanilla extract**
- **1 (21-ounce) can Comstock® Brand Cherry Filling or Topping, chilled**

Preheat oven to 350°. Combine crumbs and margarine; press firmly on bottom of 9-inch springform pan. In large mixer bowl, beat cheese until fluffy. Gradually beat in sweetened condensed milk until smooth. Beat in eggs then sour cream and vanilla. Pour into prepared pan. Bake 50 to 55 minutes or until lightly browned around edge (center will be slightly soft). Cool. Chill. Top with cherry filling. Garnish as desired. Refrigerate leftovers.





BLUEBERRY CHEESECAKE PIE

Prep time: 20 minutes (Makes one 9-inch deep dish pie)
Total time: 3 hours

- **1 (9-inch deep dish *or* 10-inch) unbaked pastry shell**
- **1 (21-ounce) can Comstock® Brand Blueberry Filling or Topping**
- **1 teaspoon grated lemon rind, optional**
- **1 (8-ounce) package cream cheese, softened**
- **1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)**
- **2 eggs**
- **2 tablespoons ReaLemon® Lemon Juice from Concentrate**
- **1 teaspoon vanilla extract**

Place rack in lowest position in oven; preheat oven to 425°. Combine pie filling with *½ teaspoon* rind; pour into pastry shell. Bake 15 minutes. In large mixer bowl, beat cheese until fluffy. Gradually beat in sweetened condensed milk then eggs, ReaLemon® brand, vanilla and remaining *½ teaspoon* rind. Pour over blueberries. Reduce oven temperature to 350°. Bake 25 minutes or until set. Cool. Chill. Garnish. Refrigerate leftovers.





BLACK FOREST MOUSSE

Prep time: 10 minutes (Makes 10 to 12 servings)
Total time: 15 minutes

- **1 (1-ounce) square unsweetened chocolate, melted**
- **1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)**
- **1 cup cold water**
- **1 (4-serving size) package *instant* chocolate flavor pudding mix**
- **¾ teaspoon almond extract**
- **2 cups (1 pint) whipping cream, whipped**
- **1 (21-ounce) can Comstock® Brand Cherry Filling or Topping, chilled**

In large mixer bowl, beat chocolate with sweetened condensed milk. Beat in water then pudding mix and *½ teaspoon* extract. Freeze 5 minutes. Fold in whipped cream. Spoon equal portions into 10 to 12 dessert dishes. Stir remaining *¼ teaspoon* extract into cherry filling; spoon over desserts. Garnish as desired. Refrigerate leftovers.







APPLE CRUNCH PIE

Prep time: 20 minutes
Total time: 1½ hours

(Makes one 9-inch deep dish pie)

- **1 (9-inch deep dish *or* 10-inch) unbaked pastry shell**
- **1 (21-ounce) can Comstock® Brand Apple Filling or Topping**
- **½ cup cold margarine or butter**
- **1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)**
- **2 eggs**
- **1 teaspoon maple flavoring**
- **½ teaspoon ground cinnamon**
- **⅛ teaspoon ground nutmeg**
- **½ cup firmly packed light brown sugar**
- **½ cup unsifted flour**
- **¼ cup granola, crushed**

Place rack in lowest position in oven; preheat oven to 425°. Spoon apple filling into pastry shell. Bake 15 minutes. Meanwhile, melt *¼ cup* margarine; beat in sweetened condensed milk, eggs, flavoring, cinnamon and nutmeg. Pour over apples. Combine sugar and flour; cut in remaining *¼ cup* margarine until crumbly. Stir in granola. Sprinkle over pie. Reduce oven temperature to 350°. Bake 30 minutes or until set in center. Cool. Serve warm. Refrigerate leftovers.



CHERRY CHIFFON DESSERT

Prep time: 5 minutes
Total time: 35 minutes

(Makes 8 to 10 servings)

- **1 (21-ounce) can Comstock® Brand Cherry Filling or Topping, chilled**
- **1 (15¼-ounce) can juice-pack pineapple chunks or crushed pineapple, chilled and well drained**
- **1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)**
- **1 (8-ounce) container frozen non-dairy whipped topping, thawed (3½ cups)**
- **1 cup miniature marshmallows**

In large bowl, combine all ingredients; mix well. Spoon into individual serving dishes or large serving bowl. Chill 30 minutes. Garnish as desired. Refrigerate leftovers.





CARAMEL APPLE OAT SQUARES

Prep time: 30 minutes
Total time: 1 hour

(Makes 10 to 12 servings)

- **1¾ cups unsifted flour**
- **1 cup quick-cooking oats**
- **½ cup firmly packed brown sugar**
- **½ teaspoon baking soda**
- **½ teaspoon salt**
- **1 cup cold margarine or butter**
- **1 cup chopped walnuts**
- **20 Eagle™ Brand Caramels, unwrapped**
- **1 (14-ounce) can Eagle® Brand Sweetened Condensed Milk (NOT evaporated milk)**
- **1 (21-ounce) can Comstock® Brand Apple Filling or Topping**

Preheat oven to 375°. In large bowl, combine flour, oats, sugar, baking soda and salt; cut in margarine until crumbly. Reserving 1½ cups crumb mixture, press remainder on bottom of 13x9-inch baking pan. Bake 15 minutes. Add nuts to reserved crumb mixture. In heavy saucepan, over low heat, melt caramels with sweetened condensed milk, stirring until smooth. Spoon apple filling over prepared crust; top with caramel mixture then reserved crumb mixture. Bake 20 minutes or until set. Cool. Serve warm with ice cream if desired.

Christmas... Past, Present & Future

HERITAGE VILLAGE COLLECTION™

1991



Love of holiday traditions sparked the original concept of the Heritage Village Collection™. When decorating our homes, we are often drawn to objects reminiscent of an earlier time. Holiday memories wait until that time each year, when rediscovered, we unpack our treasures and are magically transported to a time and place waiting to be remembered.

The Heritage Village Collection began in 1984 with the introduction of the Dickens' Village® Series. The charming warmth of these finely detailed, handpainted porcelain shops established them as a "favorite" among collectors.

Other series followed with the introduction of The New England Village,® Alpine Village,® Christmas in the City,® Little Town of Bethlehem® and in 1991, The North Pole® Collection.

As the villages have grown, new buildings and accessory groupings have been added, as older designs are retired. To guarantee authenticity, each piece is embossed with a bottom stamp displaying the series name, title, year of introduction and the Department 56, Inc. logo. Lighted pieces include a U.L. switched cord and bulb and are packaged in an individual storage carton with illustrated sleeve.

The Heritage Village Collection will take its place among your other cherished holiday decorations. It will become almost real as each year your imagination brings your village to life.

Department 56 inc

Available where fine gifts & collectibles are sold nationwide, or call 1-800-LIT-TOWN for information on a dealer in your area.


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Holiday Colors
As you entertain family and
friends this season, Pier 1 has
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holiday spirit in a table setting of
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Christmas in a Twinkling

Quick-to-Sew Holiday Trims

BY DENISE L. CARINGER

Make your house a heavenly host to this season's festivities. Reaching skyward for inspiration, we gathered a handful of stars and—what else?—angels to put your place in a glorious mood and still leave you time for ho-ho-ho-ing.



PHOTOGRAPHS: SCOTT LITTLE



STARRY SIGHTS

Get set for dazzling dining by whipping up some gleaming gold-lamé place mats. For a festive finish, "garnish" with greens.

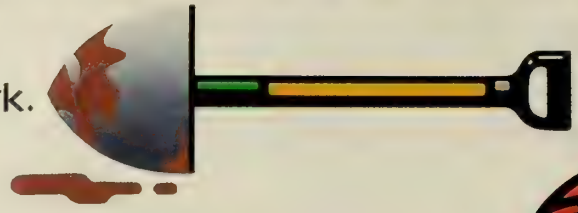
CELESTIAL MAGIC

As if scattered by an angel's hand, radiant stars—garlands, ornaments, napkin rings, and appliqués (sewn on a purchased tablecloth)—suggest the simple joy of the season. Keeping spirits bright, star-studded valances turn "blah-humbug" windows into celebrants. Thanks to our pattern, even your dining chairs can don some gay apparel.

continued on page 109

HOW TO ELIMINATE TSKS.

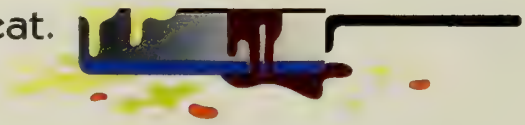
Don't work.





Don't play.

Don't eat.

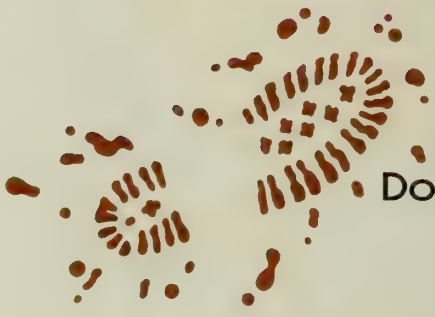




Don't drink.

Don't sit.





Don't stand.

Don't kiss.





Don't cry.

Don't live.





or Use Wisk.

Life's full of tsks. That's why Advanced Action W laundry detergent disso adhesive bonds which lock dirty, oily, everyda tsks to clothes, to get y whole wash clean.

To eliminate tsks, don change your life. Use W

© 1991 Lever Brothers Company

Christmas in a Twinkling



HEAVENLY HOSTESS

Hark! Our angel will bring tidings of great joy to your table or treetop. Robed in lace, moiré, taffeta, and ribbon and crowned with a halo of golden doll hair, she tilts her soft-sculpture face toward the heavens as if ready to sail off again on her gossamer wings.

DOOR PRIZE

Why let the interior have all the fun? Give your front door its own blast of astral élan. Placed in orbit around a store-bought wreath, these beaming ornaments point the way to stellar occasions inside.

continued on page 110



CATCH A FALLING STAR...

If you're dreaming of a bright Christmas, don't forget to shine a little white under the tree. Sew a snowy tree skirt to serve as a gentle landing spot for a shower of glimmering star appliqués—and, of course, a sleighful of presents. Like the star ornaments, the appliqués come in three sizes.

To order patterns, see page 110. (In a rush? Visit a fabric shop, instead.)



Buying information, page 172.



CHRISTMAS

continued from page 109



HOLIDAY WRAPPING

Raise the spirits of a humble folding chair. With its rich fabric, our disguise lets this unexpected guest mingle confidently with the most well-bred dining pieces.

PATTERNS FOR SUCCESS

Ready to get sewing on your holiday decorating? Our two *Better Homes and Gardens® Designs for Butterick* patterns lead the way. The Christmas Home Decorating package No. 5677 includes patterns for: the valance, which can be adjusted to fit window widths from 36 in. to 48 in.; a folding chair cover with or without back bow; two-piece chair cover with ties; place mat and napkin ring; and star templates in 3 sizes for tablecloth. The Christmas Decoration package No. 5678 includes patterns for: a freestanding angel doll and treetop angel (17 in. tall); star ornaments in 3 sizes; 6-ft. star garland; tree skirt with appliqué stars, and star ornaments for pine wreath.

HOW TO ORDER CHRISTMAS PATTERNS

Note: It can take several weeks to receive your patterns. If you intend to make these projects for this Christmas, consider buying them at your local fabric store.

Pattern 5677 Home Decorating $7.95 ... $ _____
Pattern 5678 Christmas Decorations $7.95 $ _____
Postage and handling
$1 *per pattern* ..... $ _____
Total ..... $ _____

Name _____

Address _____

City _____

State _____ **Zip** _____

Send checks or money orders (U.S. funds only) to: **Butterick Company, Inc.**, P.O. Box 729, Dept. BHD, Altoona, PA 16603

Offer expires June 30, 1992. Allow at least 4 to 6 weeks for delivery.



SHOPPING

BUYING GUIDE

Most of the products shown editorially in *Better Homes and Gardens*® magazine can be obtained locally. For more information, write the manufacturers listed. Some privately owned or custom-made items are omitted from the product listing.

HOUSEPLANTS IN THE HOLIDAY SPIRIT

Page 27: Ivy topiary tree—Smith & Hawken, 25 Corte Madera, Mill Valley, CA 94941. **Topiary frames**—Topiaries Unlimited, R.D. 2, Box 40C, Pownal, VT 05261.

Page 28: Bonsai kit—Gardener's Eden, P.O. Box 7307, San Francisco, CA 94120-7307.

COLOR IT CHRISTMAS

Page 59: Rickrack—Wm. E. Wright Co., 'S' St., W. Warren, MA 01092; 413/436-7732. **Garland**—Martin Schmidt & Sons, 262 NW. Miller Rd., Portland, OR 50336. **Ornaments on garland**—Origin Art Forms, 2923 SW. 30th St., Des Moines, IA 50321; 515/284-5109; $20 each.

Pages 60: Nativity—Origin Art Forms (address above); $250. **Rug**—Thomas K. Woodard, 835 Madison Ave., New York, NY 10021; 212/794-9401. **Rickrack on tree and packages**—Wm. E. Wright Co. (address above). **Cording on 3-D star ornaments**—Wm. E. Wright Co. (address above). **Wrapping paper**—Hallmark Cards, Inc., P.O. Box 580, 2501 McGee, Kansas City, MO 64141.

Pages 62–63: Twig chair—Edwin Shelton, Izwin c/o Beth Johnson & Co., Rt. 1, Box 62, Waverly, MN 55390; 612/658-4820. **Pillow**—Big Stuff, Carol Van Horn, R. 2, 34 Fox Creek Dr., Waukee, IA 50263; 515/987-1405. **Child's clothes**—Lands' End, Lands' End Lane, Dodgeville, WI 53595-0001; 800/356-4444. **Sarah's T-shirt, 'Don't Ask' Apparel**—T-Shirt Graphics, 111 11th St., Des Moines, IA 50309; 515/282-4745. **Bird ornament**—Origin Art Forms (address above); $20.

Pages 64–65: Dinnerware, "Fiesta by Homer Laughlin"—available in most JCPenney department stores and/or Fall/Winter '91 catalog; 800/222-6161. **Charger plates,** "Gallo Designs"—Villeroy & Boch Tableware Ltd., 41 Madison Ave., New York, NY 10010; 212/683-1747. **Flatware,** "Cityscape"—Oneida Silversmiths, Oneida Ltd., Oneida, NY 13421. **Stemware and glassware on table**—Libbey Glass, One Sea Gate, Toledo, OH 43666. **Stemware under picture,** "Eclipse"—Sasaki, 50 Secaucus, NJ 07094. **Tea set, teapot,** "Flash" by Dorothy Hafner—Rosenthal, 66-26 Metropolitan Ave., Middle Village, NY 11379. **Ornaments on tree, plates, and in bowl ($20), treetop star ($50), tree skirt ($95–$135), one-of-a-kind Santas ($125-$250), Electrified Angel ($125)**—Origin Art Forms (address above). **Three Christmas trivets on wall**—Concetta Morales, 304 15th St., No. 401, Des Moines, IA 50309; 515/274-3983.

Page 66: Electrified angel—Origin Art Forms (address above); $125. **Striped nightgowns**—Lands' End (address above). **Rug**—Thomas K. Woodard (address above).

DIRECTORY OF ARCHITECTS, DESIGNERS

COLOR IT CHRISTMAS

Page 59: Rickrack stockings—Kathy Moore. **Package and green garland**—Jil Severson.

Page 60: Jumping Jacks, 3 beasties—Sue Carson/Pam Cowley. **3-D Star**—Phyllis Dunstan. **Braided tree skirt, rickrack garland, package wraps**—Jil Severson.

Page 61: Angel in training—Phyllis Dunstan.

Page 64: Snowflake place mats—Jil Severson.

Page 65: Treetop star, woodburned ornaments, painted tree skirt—Sarah Grant Hutchison.

TO GRANDMOTHER'S HOUSE WE GO

Page 85: Log reindeer—Jim Karaidos.

Page 92: Sampler—Nancy Kluender.

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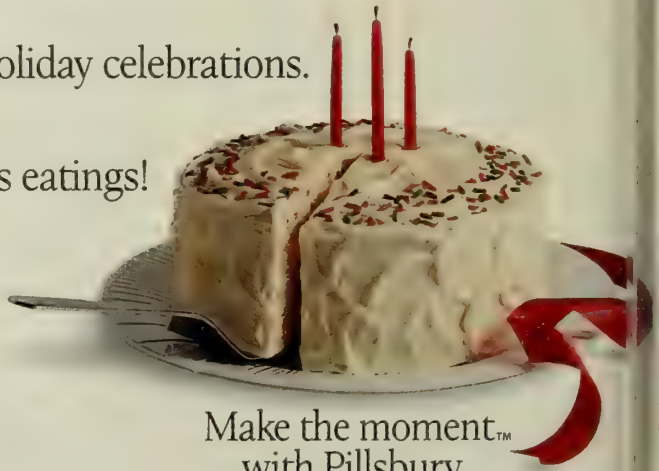


Jolly up your holiday.



Funfetti® Cake and Frosting with special red and green sprinkles add a merry touch to all your holiday celebrations.

Sprinkle on some good cheer and season's eatings!



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20 HEART-WARMING CELEBRATION RECIPES

BY LISA HOLDERNESS

Homemade for the Holidays

Garlands grace the mantel, and the tinseled tree glows in its special corner. Now, you can get cooking for the holidays! But, you won't be alone—the enticing aromas of baking cookies and roasting turkey will bring everyone to the kitchen. Share the pleasures of cooking with your family this season with a little help from us. You'll find all the recipes you need for a memorable family holiday right here.

Recipes begin on page 124.

Photographed at The Old Inn on the Green, New Marlborough, Mass.

Food photographs: William Stites. Food stylist: Janet Herwig



PERRY STRUSE

FESTIVE APPETIZERS







Homemade for the Holidays

SALMON TART AND PRETZEL STARS WITH CHEESE MOONS

For holiday partying, choose appetizers that let you join the fun. Make-ahead salmon-dill tart and quick pretzel and cheese cut-outs qualify.



LIME-SHRIMP KABOBS

Luscious, low-calorie, and easy—three good reasons to try these shrimp-fruit kabobs.



ORIENTAL CHICKEN WONTONS

Everybody loves crunchy munchies. Serve a basketful of baked wontons, stuffed with chicken-ginger filling.

Recipes begin on page 128.



COUNTRY CHRISTMAS DINNER



Homemade for the Holidays

MENU

ROAST TURKEY AND CHESTNUT STUFFING

•

CHERRY-THYME SAUCE

•

COLONIAL GREEN BEANS AND BACON

•

WINTER FRUITS WITH BALSAMIC VINAIGRETTE

•

WHOLE WHEAT SCONES WITH ANISE

Recipes begin on page 130.



Homemade for the Holidays

SOUR CREAM, RAISIN, AND PEAR PIE

Just the thought of warm, homebaked pie at Christmas dinner brings smiles. This year, add a fresh fruit taste to an old-time recipe.

RICE PUDDING WITH RUM-CARAMEL SAUCE

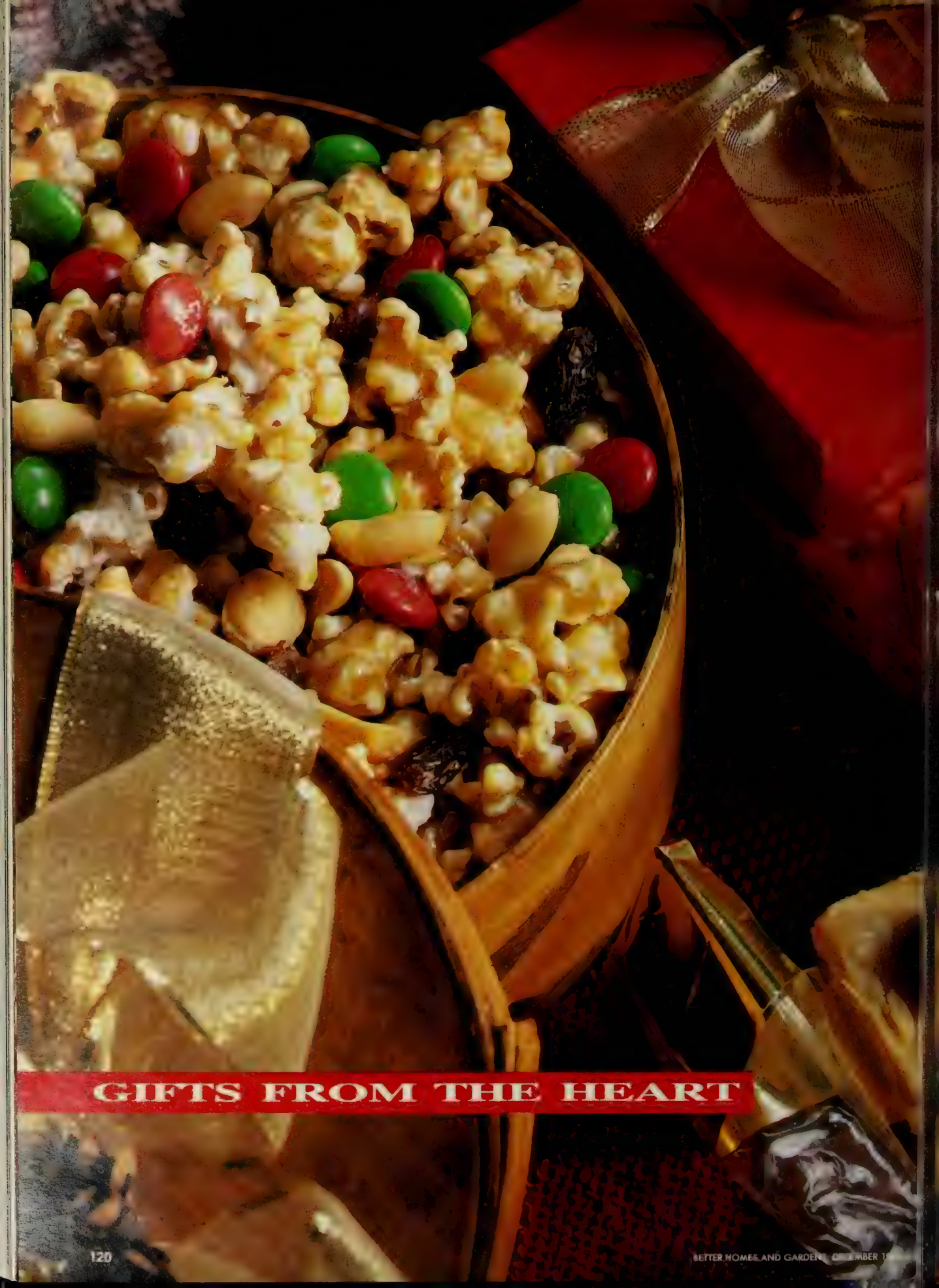
Classic rice pudding, updated with a golden caramel sauce, is the kind of dessert that makes you feel good all over.

APRICOT-HAZELNUT CAKE ROLL

Imagine a creamy, apricot filling wrapped in tender, nut-crusted cake. This is one holiday dream you can make come true.

Recipes begin on page 136.


OLD-FASHIONED DESSERTS



GIFTS FROM THE HEART



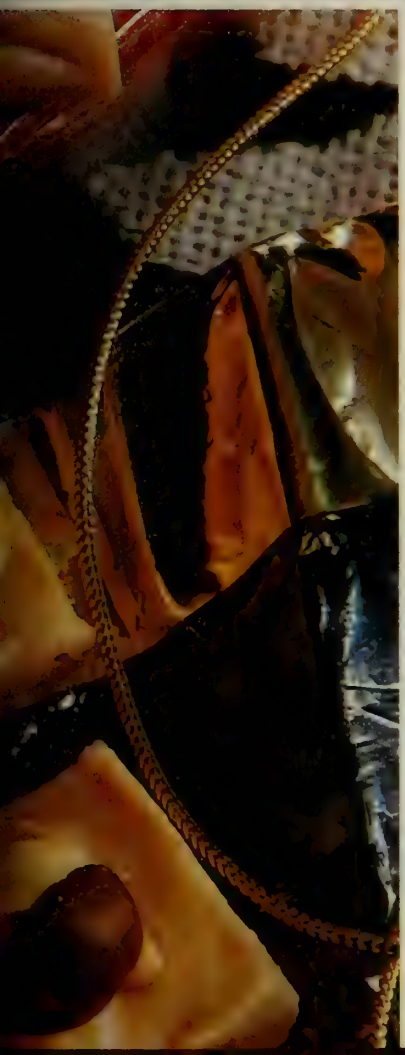
RIBBONS AND WRAPPINGS

Show friends and loved ones how much you care with mouth-watering homemade food gifts, wrapped in festive ribbons.

For containers, look around the house for small boxes that you can decorate with wrapping paper or cloth. Wrap sturdy gift boxes in cellophane wrap (look for the decorated ones). Cellophane bags or wrap, tied with a ribbon, or miniature paper bags also make fun, inexpensive containers. Tins and wooden boxes, new or antique, work well for giving and storing candies and cookies. You may want to line boxes and tins with colored tissue paper or cloth napkins.

Decorate your packages with ribbons, bows, pinecones, candy canes, greenery, holiday ornaments, and cinnamon sticks. Homemade bows are a snap, using bendable ribbon (wires inside give it support). Look for this ribbon at crafts and fabric stores. Add color to your gifts with designs cut from old Christmas cards and tacked to your boxes.

To decorate a basket, first line it with tissue paper, a cloth napkin, or a colorful kitchen towel. Then, arrange food gifts inside. Also, you might include gifts that go with your homemade item, such as a bag of macadamia nuts and the recipe with the fudge, or a bowl with homemade cereal.



Homemade for the Holidays

CARAMEL CORN AND CANDY CRUNCH
You'd better wrap this irresistible gift quick, before it disappears.

HONEY-MACADAMIA NUT FUDGE
Surprise friends with a gift box of this brown sugar-nut fudge.

MINIATURE AMARETTO CAKES
Soak buttery pound cakes in amaretto and they will last for weeks.

ALMOND BISCOTTI
Tuck a pound of coffee beans into the gift basket alongside these crunchy Italian cookies.

Recipes begin on page 141.



CHRISTMAS EVE COOKIES



One batch of dough makes all three cookies: Sparkling Linzer Stars, Date and Orange Pockets, and Whole Wheat Spritz (clockwise from top).

WHOLE WHEAT-BROWN SUGAR DOUGH

1⅓ cups butter
2½ cups all-purpose flour
2 cups whole wheat flour
2 cups packed brown sugar
3 eggs
1 Tbsp. baking powder
2 tsp. vanilla
1½ tsp. ground cinnamon
¾ tsp. ground allspice

In a large mixer bowl beat butter with an electric mixer on medium speed about 30 seconds or till softened. Add *1 cup* of the all-purpose flour and *1 cup* of the whole wheat flour, the brown sugar, eggs, baking powder, vanilla, cinnamon, allspice, and ¼ teaspoon *salt.* Beat till thoroughly combined. Beat in all of the remaining flour. Divide dough into 3 portions. Use dough to make Sparkling Linzer Stars, Date and Orange Pockets, and Whole Wheat Spritz.

DATE AND ORANGE POCKETS

With every bite, look forward to a luscious date, orange, and nut filling, sweetened with a drizzle of browned butter frosting—

⅓ recipe Whole Wheat-Brown Sugar Dough
1 8-oz. pkg. chopped pitted dates (sugar-coated)
⅓ cup orange juice
¼ cup sugar
¼ cup chopped pecans *or* walnuts
1 recipe Golden Icing

● **Chill cookie dough about 1 hour** or till firm enough to handle. Meanwhile, for filling, in a blender container or food processor bowl combine dates, orange juice, sugar, and nuts. Cover and blend or process till smooth, scraping sides as needed.

● **On a lightly floured surface roll** dough to ⅛ inch thick. Cut into rounds using a 2½-inch cookie cutter. Place rounds ½ inch apart on an ungreased cookie sheet. Spoon *1 level teaspoon* date filling into center of *each* round. Fold *half* of the round over the filling, creating a half-moon shape. Seal cut edges of each round with tines of a fork.

● **Bake in a 375° oven** for 7 to 9 minutes or till edges are firm and bottoms are light brown. Transfer cookies to a wire rack; cool thoroughly.

● **Using a piping bag** fitted with a small round tip, pipe Golden Icing onto each cooled cookie. (*Or,* with a spoon, drizzle Golden Icing atop cookies.) Makes about 40 cookies.

Golden Icing: In a medium saucepan heat 2 tablespoons *butter* over medium-low heat for 10 to 12 minutes or till light brown. Remove from heat. Gradually stir in ¾ cup sifted *powdered sugar* and ¼ teaspoon *vanilla* (mixture will be crumbly). Gradually stir in enough *milk* (about 4 teaspoons) to make of piping or drizzling consistency. Makes ⅓ cup.

Nutrition information per cookie: *94 cal. (31% from fat), 3 g fat, 12 mg chol., 1 g pro., 16 g carbo., 1 g dietary fiber, 38 mg sodium.*

continued on page 124

PERRY STRUSE

Homemade Holidays



Holiday Shopper's Supper

30-MINUTE CREAMY MACARONI

A quick, easy and delicious dish for your busy shopping season.

1 (7-ounce) package Creamettes® Elbow Macaroni (2 cups uncooked)
1 (10¾-ounce) can Campbell's® Condensed Cream of Mushroom Soup
1 cup milk
1 teaspoon Dijon-style mustard
⅛ teaspoon pepper
2 cups broccoli flowerets
1 cup cauliflowerets
½ cup sweet red pepper cut in 1-inch squares
1½ cups cubed cooked ham or turkey
¾ cup shredded Cheddar cheese

1. Prepare Creamettes® Elbow Macaroni according to package directions; drain.
2. Meanwhile, in 10-inch skillet over medium heat, heat soup, milk, mustard and pepper to boiling. Add vegetables; return to boiling. Reduce heat to low. Cover; simmer 10 minutes or until vegetables are tender, stirring occasionally.
3. Stir in ham, cheese and macaroni. Heat through. Sprinkle with additional cheese if desired. Makes 8 cups or 6 servings.

Prep Time: 10 minutes Cook Time: 20 minutes

TIP: Substitute 1 (16-ounce) package frozen broccoli, cauliflower and red pepper for fresh vegetables.

from Campbell's® & Creamettes®

NUTRITION INFORMATION

HOW TO MAKE IT WORK FOR YOU

EVERY RECIPE ANALYZED

With each recipe, we give important nutrition information. The calorie count of each serving and the amount, in grams, of fat, cholesterol, protein, carbohydrate, fiber, and sodium help you keep tabs on what you eat. We also include the percent of calories coming from fat.

You can check the vitamin and mineral levels of each recipe serving. These are noted in percentages of the United States Recommended Daily Allowance (U.S. RDA), whenever values exceed 10 percent of the recommended amount. (The U.S. RDAs are dietary standards developed by the Food and Drug Administration.)

HOW WE ANALYZE

We omit optional ingredients from the nutrition analysis.



Our seal assures you that every recipe has been tested in the *Better Homes and Gardens*® Test Kitchen. This means that each recipe is practical and reliable, and meets our high standards of taste appeal.

When ingredient options appear in a recipe (such as margarine *or* butter), we use the first one mentioned for analysis. The ingredient order does not mean we prefer one ingredient over the other.

We use the first serving size listed when a range is given.

WHAT YOU NEED

Use our analyses to chart the nutrition value of the foods you eat and the recipes you prepare. Nutritionists suggest that healthy adults follow these daily recommendations:

Protein: About 15% of calories
Fat: No more than 30% of calories
Carbohydrate: About 55% of calories
Cholesterol: No more than 300 milligrams
Sodium: 500 to 3,000 milligrams
Dietary fiber: 20 to 30 grams

For example, a moderately active woman who consumes about 2,000 calories a day needs: about 75 grams of protein, no more than 67 grams of fat, and 275 grams of carbohydrate. In general, moderately active males and teenagers need more calories.

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HOMEMADE FOR THE HOLIDAYS

(Pictured on pages 113-122)

SPARKLING LINZER STARS

⅓ recipe Whole Wheat-Brown Sugar Dough (see page 122)
¼ cup seedless raspberry jam *or* cherry preserves
Powdered sugar

● **Chill dough** for 1 hour or till firm enough to handle. On a lightly floured surface roll dough to ⅛ inch thick. Cut into shapes using 2- to 2½-inch cookie cutters. Transfer to ungreased cookie sheets. Using a 1-inch cookie cutter, cut out centers from *half* of the unbaked cookies; remove centers and reroll dough to make more cookies.

● **Bake cookies in a 375° oven** for 7 to 9 minutes or till edges are firm and bottoms are very light brown. Transfer cookies to a wire rack; cool.

● **Spread the bottom** of each solid cookie (center intact) with about ½ *teaspoon* of the preserves or jelly. Sift powdered sugar atop cookies with the

continued on page 126

Big Rewards



With Easy Cream Cheese Clouds.



EASY CREAM CHEESE CLOUDS *(Makes 10)*

- 1 8 oz. pkg. cream cheese, softened
- ½ c. powdered sugar
- ¼ tsp. vanilla extract
- 1 c. heavy cream
- 1 can cherry pie filling
- chopped nuts (optional)

Mix cream cheese, sugar and vanilla at medium speed on electric mixer. Gradually add heavy cream; mix well. Whip until thickened. ◊ Using the back of a spoon, shape into ten 3½" shells. Place on waxed paper-lined cookie sheet. ◊ Freeze two hours or overnight.

When ready to serve, fill with cherry pie filling. ◊ Sprinkle chopped nuts on top if desired.

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Introducing the original, one-of-a-kind Chocolate Peanut Buddy Bar.

Put rich, chocolatey Nestlé® Toll House® Milk Morsels together with peanut butter and you've got something special. Try our Chocolate Peanut Buddy Bar and taste something mouth wateringly special.

Chocolate Peanut Buddy Bars

1 cup peanut butter
6 tablespoons (¾ stick) butter, softened
1¼ cups sugar
3 eggs
1 teaspoon vanilla extract
1 cup all-purpose flour
¼ teaspoon salt
One 11½-oz. pkg. (2 cups) NESTLÉ® TOLL HOUSE® Milk Chocolate Morsels, divided

Preheat oven to 350°F. In large mixer bowl, beat peanut butter and butter until smooth, about 1 minute. Add sugar, eggs and vanilla extract; beat until creamy. Blend in flour and salt. Stir in 1 cup NESTLÉ® TOLL HOUSE® Milk Chocolate Morsels. Spread into ungreased 13x9-inch baking pan. Bake 25-30 minutes, or until edges begin to brown. Immediately sprinkle remaining NESTLÉ® TOLL HOUSE® Milk Chocolate Morsels over cookie layer. Let stand 5 minutes until morsels become shiny and soft. Spread morsels evenly over top. Cool completely. Cut into 1½-inch bars. Makes 48 bars.

Make your house a Toll House.



HOMEMADE FOR THE HOLIDAYS

continued from page 124

centers removed; place atop preserves, powdered sugar side up. Store in a covered container at room temperature for up to 1 week. Makes about 20 sandwich cookies.

Nutrition information per cookie: *113 cal. (35% from fat), 4 g fat, 22 mg chol., 1 g pro., 18 g carbo., 1 g dietary fiber, and 65 mg sodium.*

WHOLE WHEAT SPRITZ

Spritz cookies, a Christmas tradition, take on a terrific new flavor with Whole Wheat-Brown Sugar Dough—

⅓ **recipe Whole Wheat-Brown Sugar Dough (see page 122)**
Colored sprinkles *and/or* colored sugars

● **Do not chill dough.** (*Or,* if dough has been chilled, let stand at room temperature 1 hour before using.) Pack dough into a cookie press. Force dough through press onto an ungreased cookie sheet, forming about 40 cookies total. Sprinkle cookies with colored sprinkles or sugars.

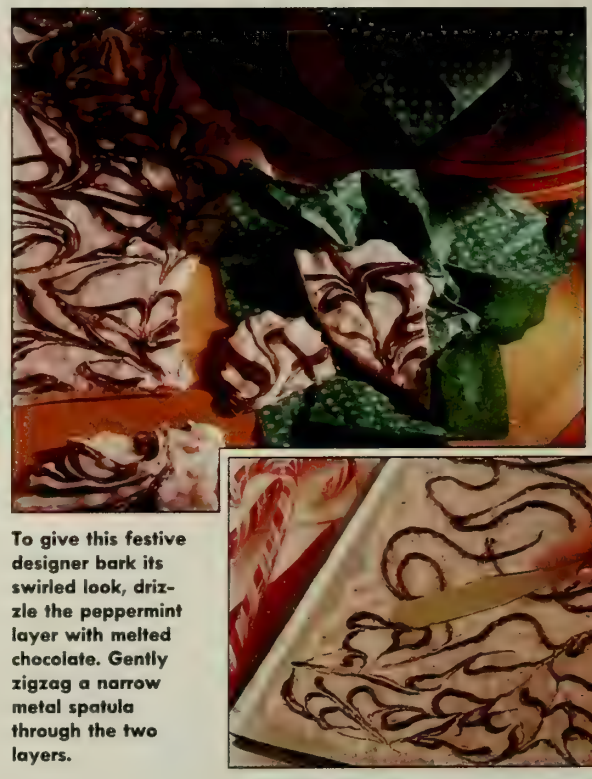
● **Bake in a 375° oven** for 7 to 9 minutes or till edges are firm but not brown. Transfer cookies to a wire rack; cool thoroughly. Makes about 40 cookies.

Nutrition information per cookie: *51 cal. (38% from fat), 2 g fat, 11 mg chol., 1 g pro., 7 g carbo., 0 g dietary fiber, and 32 mg sodium.*

MARBLEIZED MINT BARK

Whip together this three-ingredient candy in just minutes; perfect for last-minute gift giving—

⅓ **cup semisweet mint-flavored chocolate pieces *or* semisweet chocolate pieces**



To give this festive designer bark its swirled look, drizzle the peppermint layer with melted chocolate. Gently zigzag a narrow metal spatula through the two layers.

1 lb. vanilla-flavored candy coating, cut up
¾ cup finely crushed candy cane *or* finely crushed striped round peppermint candies

● **Line a baking sheet with foil;** set aside. In a small saucepan heat chocolate pieces over low heat, stirring constantly, till melted and smooth. Remove pan from heat.

● **In a 2-quart saucepan heat** the candy coating over low heat, stirring constantly, till melted and smooth. Remove pan from heat. Stir in crushed candies. Pour the melted coating mixture onto the prepared baking sheet. Spread coating mixture to about a ⅜-inch thickness; drizzle with the melted chocolate. Gently zigzag a narrow metal spatula through the chocolate and peppermint layers to create a swirled effect (see photo, *page 126*).

● **Let candy stand several hours** or till firm. (*Or,* chill about 30 minutes or till firm.) Use foil to lift firm candy from the baking sheet; carefully break candy into pieces. Store, tightly covered, for up to 2 weeks. Makes about 1¼ pounds.

Nutrition information per 2-ounce serving: *316 cal. (41% from fat), 15 g fat, 0 mg chol., 0 g pro., 48 g carbo., 4 mg sodium.*

CRANBERRY-PEAR CONSERVE

This fruit-and-nut spread makes enough for six luscious gifts. You may want to include a copy of the recipe with each jar—

4 cups cranberries
4 cups peeled, cored, and chopped fully ripe pears (about 4 to 6 medium)
2 tsp. finely shredded orange peel
¼ cup orange juice
6 cups sugar
½ cup broken walnuts

● **In a 6- to 8-quart kettle** or Dutch oven combine cranberries, pears, orange peel, and orange juice. Bring to boiling



Using a funnel, ladle the hot conserve mixture into sterilized half-pint jars, leaving a ¼-inch headspace.

over medium heat, stirring occasionally. Continue to cook over medium heat for 5 minutes. Stir in sugar and nuts; cook 15 to 20 minutes more or till thickened. As mixture thickens, stir frequently and carefully to prevent sticking.

● **Ladle mixture at once** into hot, sterilized half-pint jars, leaving a ¼-inch headspace. Use a canning funnel to avoid getting mixture on sides of jars (see photo, *above*). Adjust lids. Process in a boiling-water canner for 15 minutes (start timing when water boils). Makes about 6 half-pints.

Nutrition information per tablespoon: *58 cal. (6% from fat), 0 g fat, 0 mg chol., 0 g pro., 14 g carbo., 0 g dietary fiber, and 0 mg sodium.*

continued on page 128

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Introducing the original, one-of-a-kind Oatmeal Scotchie.

Combine rich and creamy Nestlé® Toll House® Butterscotch Flavored Morsels with hearty oatmeal for a really extraordinary result.

Oatmeal Scotchies

1¼ cups all-purpose flour
1 teaspoon baking soda
½ teaspoon salt
½ teaspoon cinnamon
1 cup (2 sticks) butter, softened
¾ cup sugar
¾ cup firmly packed brown sugar
2 eggs
1 teaspoon vanilla extract or grated peel of 1 orange
3 cups quick or old-fashioned oats, uncooked
One 12-oz. pkg. (2 cups) NESTLÉ® TOLL HOUSE® Butterscotch Flavored Morsels

Preheat oven to 375°F. In small bowl, combine flour, baking soda, salt and cinnamon; set aside. In large mixer bowl, beat butter, sugar, brown sugar, eggs and vanilla extract or orange peel until creamy. Gradually beat in flour mixture. Stir in oats and NESTLÉ® TOLL HOUSE® Butterscotch Flavored Morsels. Drop by measuring tablespoonfuls onto ungreased cookie sheets. Bake 7-8 minutes for chewier cookies; 9-10 minutes for crisper cookies. Makes about 4 dozen cookies.

Make your house a Toll House.





THOROUGH BREAD.

THIS ULTRA POWER MIXER EFFORTLESSLY KNEADS THE TOUGHEST DOUGH. ITS OPTIONAL ATTACHMENTS LET YOU GRIND MEATS, PUREE FRUITS, SLICE VEGETABLES, SHRED CHEESE. EVEN MAKE PASTA, GRIND GRAIN AND STUFF SAUSAGE. THE KITCHENAID® MIXER CAN BECOME A TOTAL FOOD PREPARATION CENTER. ONE THAT'S MADE TO LAST THROUGH THE YEARS.

KitchenAid
FOR THE WAY IT'S MADE.™



HOMEMADE FOR THE HOLIDAYS

continued from page 127

FRUIT MUESLI

Muesli (MEWS-lee) is a Swiss breakfast cereal, made with cereals, nuts, and fruit. Serve this healthful mixture with milk or yogurt—

- **4 cups four-grain cereal flakes *or* wheat flakes**
- **1 cup regular rolled oats**
- **¾ cup coarsely chopped almonds *or* pecans, toasted**
- **½ cup wheat germ *or* toasted wheat bran**
- **1 6-oz. pkg. mixed dried fruit bits**
- **½ cup unsalted shelled sunflower seeds *or* Grape Nuts cereal**
- **½ cup dried banana chips, coarsely crushed**

● **In a large mixing bowl stir** together cereal flakes or wheat flakes, rolled oats, nuts, wheat germ or wheat bran, fruit bits, sunflower seeds or Grape Nuts cereal, and banana chips.

● **Divide muesli** among small cellophane gift bags; seal. (*Or,* place in an airtight container.) Store in refrigerator for up to 4 weeks. Makes 8 cups.

Nutrition information per ⅔-cup serving: *263 cal. (30% from fat), 9 g fat, 0 mg chol., 8 g pro., 40 g carbo., 3 g dietary fiber, 98 mg sodium. U.S. RDA: 19% iron, 27% vit. A, 14% vit. C, 47% thiamine, 27% riboflavin, 25% niacin.*

SALMON TART

A tart with a cheesecake-like filling sounds like dessert, but instead look forward to a savory salmon-dill filling in a cheesy, herb-flavored crust—

- **1 small onion, finely chopped**
- **1 Tbsp. margarine *or* butter**
- **1 15½-oz. can red salmon, drained, flaked, and skin and bones removed***
- **1 8-oz. pkg. cream cheese, softened**
- **3 eggs**
- **2 Tbsp. white wine vinegar**
- **1 Tbsp. snipped fresh dill *or* ½ tsp. dried dillweed**
- **1 recipe Dill-Parmesan Crust**

Dairy sour cream (optional)
Fresh dill sprigs (optional)
Salmon caviar (optional)



For a breakfast gift basket, include both Cranberry-Pear Conserve and hearty Fruit Muesli. Both can be made ahead to avoid the holiday rush.

● **In a small saucepan** cook onion in hot margarine or butter till onion is tender. In a blender container or food processor bowl combine onion mixture, salmon, cream cheese, eggs, vinegar, and dill. Cover and blend or process till mixed.

● **Prepare the Dill-Parmesan Crust** as directed. Place the dough-lined tart pan on a baking sheet and return to the oven rack.

● **Carefully pour filling into pan.** Bake in a 325° oven for 25 to 30 minutes or till the center appears nearly set when shaken. Cool on a wire rack. Cover with plastic wrap and chill for at least 4 hours or up to 48 hours.

● **To serve,** if desired, dollop with sour cream. Garnish with dill sprigs and caviar. Makes 12 to 16 servings.

*You can use less-expensive pink salmon, but the color of the fillng won't be as intense.

Nutrition information per serving: *245 cal. (66% from fat), 18 g fat, 90 mg chol., 12 g pro., 9 g carbo., 0 g dietary fiber, 356 mg sodium. U.S. RDA: 18% calcium, 18% vit. A, 10% thiamine, 19% riboflavin, 18% niacin.*

DILL-PARMESAN CRUST

Use this flaky, seasoned pastry for the Salmon Tart—

1 cup all-purpose flour
1 Tbsp. snipped fresh dill *or* ½ tsp. dried dillweed
¼ tsp. salt
⅓ cup shortening
½ cup grated Parmesan cheese
3 to 4 Tbsp. cold water

● **In a medium mixing bowl combine** flour, dill, and salt. With a pastry blender or 2 forks, cut in shortening till the pieces are the size of small peas. Stir in Parmesan cheese. Sprinkle *1 tablespoon* of the cold water over part of the mixture and gently toss with a fork. Push dough to the side of the bowl. Repeat till all is moistened. Form dough into a ball.

● **On a lightly floured surface** flatten the dough with your hands. With a rolling pin, roll dough from the center to edges, forming a circle about 11 inches in diameter.

● **Wrap the dough** around a rolling pin. Unroll the dough onto a 9-inch tart pan with a removable bottom. Ease the dough into the tart pan, being careful not to stretch the dough. Trim edges. Do not prick the dough. Line the dough with a double thickness of foil to prevent it from puffing.

● **Bake in a 450° oven** for 10 minutes. Remove foil; bake for 4 to 5 minutes more or till bottom crust appears baked. Remove from oven; cool on a wire rack. Use to make the Salmon Tart. Makes one 9-inch tart crust.



OUR HIGH-PERFORMANCE COMPACT.

YOU'D EXPECT A HAND MIXER GOOD ENOUGH FOR KITCHENAID® TO BE STRONG. DURABLE. AND BUILT TO LAST. YOU'D EXPECT IT TO HANDLE STIFF COOKIE DOUGHS—EVEN CHOCOLATE CHIP—WITHOUT MISSING A BEAT. TO BE DESIGNED SO CLEANING'S A SNAP. AND SO IT WON'T TIP OVER. YOU'D EXPECT IT TO BE MADE WITH THE SAME HIGH QUALITY AS OUR BIG MIXERS.

THE KITCHENAID HAND MIXER. IT'S EXACTLY WHAT YOU'D EXPECT. FOR MORE, CALL 1-800-422-1230. KitchenAid® FOR THE WAY IT'S MADE.™

PRETZEL STARS WITH CHEESE MOONS

Dip crunchy pretzel and mellow cheese shapes into honey mustard for a can't-eat-just-one treat—

1 10-oz. pkg. refrigerated pizza dough
1 slightly beaten egg white
1½ tsp. coarse salt, poppy seed, toasted sesame seed, *and/or* grated Parmesan cheese
6 oz. cheddar cheese *or* Monterey Jack Cheese
Honey mustard *or* coarse-grain mustard

● **Unroll pizza dough** so it lies flat. On a lightly floured surface use a rolling pin to roll refrigerated pizza dough to a 15x10-inch rectangle. With a 1- to 1½-inch hors d'oeuvre cutter, cut dough into about 50 stars. Transfer dough stars to an ungreased baking sheet. Brush stars with egg white; sprinkle with coarse salt, poppy seed, toasted sesame seed, and/or Parmesan cheese. Bake in a 400° oven for 7 to 8 minutes or till golden.

● **Meanwhile, for cheese moons,** slice cheese ¼ inch thick. With a 1- to 1½-inch hors d'oeuvre cutter or a small knife, cut cheese into about 30 half-moons. Serve stars and moons together on the same platter along with the mustard for dipping. Serves 25 to 30.

Nutrition information per 2 stars, 1 moon, and ½ teaspoon honey mustard: *59 cal. (42% from fat), 3 g fat, 7 mg chol., 3 g pro., 5 g carbo., 0 g dietary fiber, and 259 mg sodium.*

LIME-SHRIMP KABOBS

Brighten up your buffet table with a trayful of colorful fruit and tangy, lime-marinated shrimp skewers—

¾ lb. fresh *or* frozen peeled, deveined, and cooked large shrimp

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HOMEMADE FOR THE HOLIDAYS

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1 tsp. finely shredded lime peel
⅓ cup lime juice
¼ cup salad oil
2 Tbsp. snipped fresh cilantro *or* parsley
1 jalapeño pepper, seeded and finely chopped, *or* 1 Tbsp. canned chopped jalapeño peppers
1 clove garlic, minced
2 cups assorted fruit pieces, such as papaya chunks, kiwi fruit chunks, red grapes, *and/or* orange sections

● **Thaw shrimp, if frozen.** For marinade, in a medium mixing bowl stir together lime peel, lime juice, salad oil, cilantro or parsley, jalapeño pepper, and garlic. Add shrimp to marinade; toss to coat. Cover and chill for 2 to 24 hours.

● **Drain shrimp, reserving marinade.** On each of twelve 6-inch skewers, thread 2 or 3 pieces of shrimp and 2 or 3 pieces of fruit. Drizzle with remaining marinade. Serve immediately or cover and chill for up to 2 hours. Makes 12 kabobs.

Nutrition information per kabob: *88 cal. (49% from fat), 5 g fat, 55 mg chol., 7 g pro., 5 g carbo., 1 g dietary fiber, 75 mg sodium. U.S. RDA: 25% vit. C, 10% thiamine.*

ORIENTAL CHICKEN WONTONS

These chicken- and ginger-filled wontons get their crispness from baking instead of high-fat frying—

8 oz. ground raw chicken *or* pork
½ cup shredded carrot
¼ cup finely chopped celery *or* water chestnuts
1 Tbsp. soy sauce
1 Tbsp. dry sherry
2 tsp. cornstarch
2 tsp. grated gingerroot

• • •

½ of a 16-oz. pkg. wonton wrappers
2 Tbsp. margarine *or* butter, melted
Plum *or* sweet-and-sour sauce (optional)

● **For filling,** in a medium skillet cook and stir ground chicken or pork till no pink remains; drain. Stir in carrot, celery or water chestnuts, soy sauce, sherry, cornstarch, and gingerroot; mix well.

● **Spoon *1 rounded teaspoon*** of the filling atop a wonton wrapper. Lightly brush edges with water.

● **To shape each wonton,** carefully bring 2 opposite points of the square wrapper up over the filling and pinch together in the center (see photo, *below*). Carefully bring the 2 remaining opposite points to the center and pinch together (see photo, *bottom below*). Pinch together edges to seal.





To shape wontons, bring two opposite points of the wrapper up over the filling and pinch together in the center. Bring the two remaining opposite points to the center and pinch together. Seal edges.

Place wontons on a greased baking sheet. Repeat with remaining filling and wonton wrappers.

● **Brush the wontons** with melted margarine or butter. Bake in a 375° oven for 8 to 10 minutes or till light brown and crisp. If desired, serve with plum or sweet-and-sour sauce. Makes about 25 appetizer servings.

To make ahead: Bake appetizers as directed; cool completely. Transfer to a storage container. Cover tightly and freeze for up to 1 month. To serve, place frozen wontons on a greased baking sheet. Bake in a 375° oven for 8 to 10 minutes or till wontons are light brown and crisp.

Nutrition information per serving: *44 cal. (52% from fat), 2 g fat, 6 mg chol., 2 g pro., 3 g carbo., 0 g dietary fiber, and 95 mg sodium.*

ROAST TURKEY AND CHESTNUT STUFFING

Chestnuts, a Christmas favorite, flavor this traditional bread stuffing—

8 oz. fresh chestnuts *or* one 4-oz. pkg. dried chestnuts
1 cup thinly sliced celery
1 large onion, chopped
½ cup margarine *or* butter
1 tsp. dried thyme, crushed
¼ tsp. pepper
1 16-oz. loaf French *or* Italian bread, cut into ½-inch cubes and toasted*
1½ cups chicken broth
¼ cup water
¼ cup dry vermouth, sherry, *or* chicken broth
1 14- to 16-lb. turkey
Cooking oil *or* melted butter
Red apple wedges (optional)
Fresh sage *and/or* thyme sprigs (optional)
1 recipe Cherry-Thyme Sauce (see page 132)

● **For stuffing,** if using fresh chestnuts, cut an X in the flat side of *each* chestnut, using a small, sharp knife. Place the chestnuts in a large saucepan and cover with cold water. Bring to boiling and reduce heat. Cover and simmer for 10 to 15 minutes. Drain. When chestnuts are cool enough to handle, peel and chop. If using dried chestnuts, cook according to package directions and chop.

● **Meanwhile, in a small saucepan** cook celery and onion in hot margarine or butter till tender but not brown. Stir in thyme and pepper. In a large bowl combine chestnuts and bread cubes; stir in celery mixture. Drizzle with broth, water, and vermouth or sherry; toss gently to coat.

● **Rinse turkey, then pat dry.** Season body cavity with salt. Spoon some of the stuffing loosely into neck cavity. Skewer neck skin to back. Spoon more stuffing loosely into body cavity (do not pack stuffing too tight or it will

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Make Your Pumpkin Pie Double Delicious.

Sensational Double Layer Pumpkin Pie

1 pkg. (3 oz.) **PHILADELPHIA BRAND®** Cream Cheese, softened
1 cup plus 1 Tbsp. cold half and half or milk
1 Tbsp. sugar
1 ½ cups thawed **COOL WHIP®** Whipped Topping
1 **KEEBLER® Ready-Crust®** Graham Cracker Pie Crust (6 oz.)
2 pkgs. (4-serving size) **JELL-O®** Vanilla Flavor Instant Pudding and Pie Filling
1 can (16 oz.) pumpkin
1 tsp. ground cinnamon
½ tsp. ground ginger
¼ tsp. ground cloves

- MIX cream cheese, 1 Tbsp. half and half and sugar with wire whisk until smooth. Gently stir in whipped topping. Spread on bottom of crust.
- POUR 1 cup half and half into mixing bowl. Add pudding mix. Beat with wire whisk until well blended, 1 to 2 mins. Let stand 3 mins.
- STIR in pumpkin and spices; mix well. Spread over cream cheese layer. Refrigerate at least 2 hrs. Garnish with additional whipped topping and nuts as desired. Makes 8 servings.

Prep time: 15 minutes





Great pies are made with Jell-O® & Keebler.®

continued from page 130

not get hot enough by the time the turkey is cooked). Tuck drumsticks under tail skin or tie to tail. Twist wing tips under the back. Transfer any remaining stuffing to a casserole; cover and chill.

● **Place turkey, breast side up,** on a rack in a shallow roasting pan. Brush with oil or butter. Insert a meat thermometer into the center of one of the inside thigh muscles. The bulb should not touch the bone. Cover turkey loosely with foil. Roast turkey in a 325° oven for 4½ to 5½ hours or till thermometer registers 180° to 185°. Cut band of skin between legs after 3½ hours. Bake casserole of stuffing alongside turkey for the last 40 to 45 minutes of cooking time. Uncover the bird the last 30 minutes of roasting. When done, remove turkey from oven and cover. Let stand 20 minutes before carving.

● **To serve, use a spoon to remove** stuffing from turkey. Place stuffing in a serving bowl. If carving the whole turkey at the table, transfer to a serving platter. If desired, garnish with apple wedges and sage and/or thyme sprigs. Serve Cherry-Thyme Sauce with the turkey and stuffing. Makes 12 to 14 servings.

***Note:** To toast bread cubes, spread cubes in a single layer in a 15½x10½x2-inch baking pan. Bake in a 300° oven for 10 to 15 minutes or till dry, stirring twice.

***Nutrition information per serving:** 503 cal. (38% from fat), 21 g fat, 93 mg chol., 38 g pro., 38 g carbo., 3 g dietary fiber, 547 mg sodium. U.S. RDA: 12% calcium, 21% iron, 13% vit. A, 29% vit. C, 31% thiamine, 31% riboflavin, 62% niacin.*

CHERRY-THYME SAUCE

If you like, make this sweet and savory sauce up to three days ahead, cover and chill. Reheat sauce over medium heat, stirring gently—

1 cup unsweetened cherry juice
¾ cup chicken broth
½ cup dried cherries, snipped
¼ cup finely chopped onion
1 tsp. dried thyme, crushed



Gather your family for a country-style Christmas dinner, featuring Roast Turkey and Chestnut Stuffing and Cherry-Thyme Sauce to go with the turkey.

1 tsp. white wine Worcestershire sauce
½ to 1 tsp. sugar
⅛ tsp. pepper
¼ cup unsweetened cherry juice
4 tsp. cornstarch

● **In a small saucepan stir together** the 1 cup cherry juice, chicken broth, dried cherries, onion, thyme, white wine Worcestershire sauce, sugar, and pepper. Bring to boiling over medium-high heat; reduce heat. Cover and simmer for 15 minutes. Stir together the ¼ cup cherry juice and cornstarch. Stir into cherry mixture. Cook and stir till thickened and bubbly. Cook and stir 2 minutes more. Serve warm with turkey. Makes 2 cups.

***Nutrition information per ¼-cup serving:** 56 cal. (4% from fat), 0 g fat, 0 mg chol., 1 g pro., 12 g carbo., 0 g dietary fiber, and 80 mg sodium. U.S. RDA: 33% vit. C.*

COLONIAL GREEN BEANS AND BACON

Generations have enjoyed the smoky flavor of this vegetable and bacon dish. This year, it gets a brighter look with fresh, sliced carrots—

7 slices bacon
2 9-oz. pkg. frozen Italian-style green beans, thawed
6 medium carrots, thinly sliced
2 Tbsp. margarine *or* butter
2 cloves garlic, minced
½ tsp. pepper

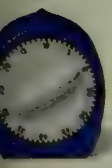
● **In a large skillet cook** the bacon, uncovered, over medium heat for 8 to 10 minutes or till just crisp, turning occasionally. Remove bacon, reserving drippings; drain on paper towels.

● **Drain all but *2 tablespoons*** of the bacon drippings from the skillet. Add green beans, carrots, margarine or butter, and garlic. Stir-fry over medium-high heat about 5 minutes or till vegetables are crisp-tender. Crumble bacon, leaving 1 strip whole for a garnish, if desired. Stir crumbled bacon and pepper into vegetable mixture. Remove from heat. Transfer to a serving bowl. If desired, top with the reserved bacon slice. Makes 8 servings.

***Nutrition information per serving:** 139 cal. (57% from fat), 9 g fat, 11 mg chol., 4 g pro., 12 g carbo., 2 g dietary fiber, 196 mg sodium. U.S. RDA: 184% vit. A.*

continued on page 136

Why a half-baked bread is such a hot idea.



It takes just minutes to satisfy your ste for bread om scratch.

To enjoy hot, European-style bread, you don't need to knead. Or fly to Paris. You don't even have to go out to eat.

Simply take Bread du Jour out of the package and place it in the oven. In five minutes, the inviting aroma fills every corner of your kitchen. In ten minutes, it's ready to eat.

The secret is a recipe that really is half-baked. We sift the country for the finest ingredients. And make the dough from scratch using old-world recipes. But instead of letting it bake all the way, we take it out of the oven a few minutes early. And leave the finishing touches to you.

In other words, we do the hard part. So you can do the rewarding part, the golden brown and crusty part, the "Gee, it smells wonderful" part.

In fact, Bread du Jour is so convenient, you'll be tempted to serve it on more than just special occasions. And why not? In Europe, hot, crusty breads of this caliber are an everyday affair. So instead of serving Bread du Jour with wine and candlelight, we suggest you also try it with spaghetti and meatballs. Because with four delicious varieties to choose from (French, Crusty Italian, Bavarian Cracked Wheat and Breadsticks), you can add a touch of elegance to any meal. Any day.

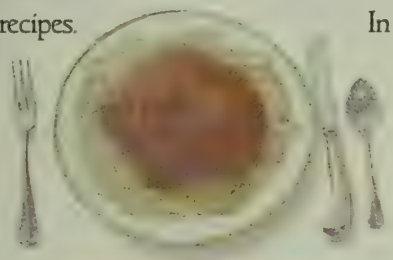




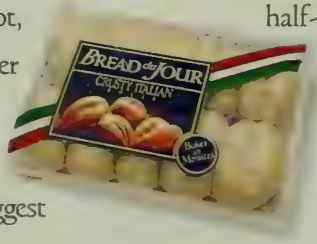
You can tell how good it tastes even before you eat it.

Of course, some stores would charge a premium price for a bread this special. But the fact is, you can buy Bread du Jour at almost any supermarket for little more than the cost of ordinary sandwich bread.

So pick up a loaf of Bread du Jour today. And see why the only thing as good as homemade bread is a half-baked idea.



Bread du Jour makes any dinner seem like Sunday dinner.



Take your choice of French, Crusty Italian, Bavarian Cracked Wheat or Breadsticks.

HOMEMADE FOR THE HOLIDAYS

continued from page 132

WINTER FRUITS WITH BALSAMIC VINAIGRETTE

If you prefer a different fruit combination for this sweet-tangy salad, substitute any fresh fruit medley you want—

- ¼ cup salad oil
- ¼ cup orange juice
- 3 Tbsp. balsamic vinegar
- 1 Tbsp. honey
- ⅛ tsp. cracked pepper
- 2 medium pink grapefruit
- 1 medium orange
- 2 medium pears, cored and cut into wedges
- 2 tsp. lemon juice
- 1 head red *and/or* green leaf lettuce
- 1 cup red *and/or* green seedless grapes

● **For dressing,** in a blender container or food processor bowl combine salad oil, orange juice, vinegar, honey, and pepper. Cover and blend or process till combined. Cover and chill till serving time.

● **Use a small, sharp knife to peel** grapefruit and orange, removing as much of the white membranes as possible. Section grapefruit and cut orange crosswise into 8 slices. Brush pear wedges with lemon juice.

● **Cover a large platter with lettuce** leaves. Arrange grapefruit sections, orange slices, pear wedges, and grapes atop lettuce. Cover the platter with plastic wrap and chill for up to 4 hours. Before serving, drizzle with dressing. Makes 8 side-dish servings.

Nutrition information per serving: *143 cal. (42% from fat), 7 g fat, 0 mg chol., 1 g pro., 21 g carbo., 3 g dietary fiber, 4 mg sodium. U.S. RDA: 70% vit. A, 76% vit. C.*

WHOLE WHEAT SCONES WITH ANISE

To make these moist, biscuitlike wedges ahead, bake them as directed and freeze for up to three months. To serve, wrap the frozen scones in foil and reheat in a 350° oven for 15 to 20 minutes or till warm—

- ½ cup currants
- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 3 Tbsp. brown sugar
- 2 tsp. baking powder
- 1 tsp. aniseed
- ½ tsp. baking soda
- ½ tsp. salt
- ⅓ cup shortening, margarine, *or* butter
- 1 8-oz. carton dairy sour cream
- 1 beaten egg yolk
- 1 slightly beaten egg white
- 1 tsp. aniseed (optional)

● **In a small mixing bowl pour** enough *hot water* over currants to cover. Let stand for 5 minutes; drain.

● **In a large mixing bowl stir together** both flours, brown sugar, baking powder, the first 1 teaspoon aniseed, baking soda, and salt. Using a pastry blender, cut in shortening, margarine, or butter till mixture resembles coarse crumbs. Add currants; toss till mixed. Make a well in the center of the mixture. In a small mixing bowl combine sour cream and egg yolk. Add sour cream mixture all at once to flour mixture. Using a fork, stir just till moistened.

● **Turn the dough out** onto a lightly floured surface. Quickly knead dough by gently folding and pressing dough for 10 to 12 strokes or till nearly smooth. Pat or lightly roll dough into a 7-inch circle. Cut into 12 wedges. Place wedges on a baking sheet in a circle, about ½ inch apart. Brush scones with egg white. If desired, sprinkle with remaining aniseed.

● **Bake in a 400° oven** for 10 to 12 minutes or till light brown. Cool on a wire rack for 5 minutes. Break scones into wedges if baked together. Serve warm. Makes 12 servings.

Nutrition information per serving: *200 cal. (45% from fat), 10 g fat, 26 mg chol., 4 g pro., 24 g carbo., 2 g dietary fiber, 189 mg sodium. U.S. RDA: 14% thiamine, 11% riboflavin, 10% niacin.*

SOUR CREAM, RAISIN, AND PEAR PIE

If you already love sour cream-raisin pie, just wait till you try this pear-topped version with a cinnamon crust—

- ¾ cup light raisins
- 3 beaten egg yolks
- 1½ cups dairy sour cream
- 1 cup sugar
- ½ cup milk
- 3 Tbsp. all-purpose flour
- 1 tsp. ground cinnamon
- ¼ tsp. ground cloves
- ¼ tsp. ground nutmeg
- 1 recipe Cinnamon Pie Crust
- Milk
- Sugar

• • •

- 1½ cups water
- ⅔ cup packed brown sugar
- 2 Tbsp. dark corn syrup
- 1 Tbsp. lemon juice
- 2 small pears, peeled and thinly sliced (2 cups)
- 1 Tbsp. water
- 1 tsp. cornstarch

● **In a small mixing bowl pour** enough *hot water* over raisins to cover. Let stand for 5 minutes; drain well.

● **In a medium mixing bowl combine** egg yolks, raisins, sour cream, the 1 cup sugar, the ½ cup milk, flour, cinnamon, cloves, and nutmeg; mix thoroughly. Pour the mixture into the prepared unbaked Cinnamon Pie Crust. Brush pastry edge with additional milk and sprinkle with additional sugar. To prevent overbrowning, cover the edge of the pie with foil.

● **Bake in a 375° oven** for 20 minutes. Remove foil. Continue baking for 20 to 25 minutes more or till pie appears nearly set in center when gently shaken. Cool pie on a wire rack about 1 hour.

● **Meanwhile, in a large saucepan,** combine the 1½ cups water, brown sugar, corn syrup, and lemon juice; bring to boiling. Add pears. Reduce heat. Cover and simmer about 5 minutes or till tender. Drain pears, reserving *⅓ cup* of the poaching liquid. Let pears cool slightly. Combine the 1 tablespoon water and cornstarch; stir into reserved poaching liquid. Cook and stir till thickened and bubbly. Cook and stir for 1 minute more. Remove from heat; cool slightly.

● **Arrange pear slices** atop cooled sour cream filling in a circle, overlapping pears slightly. Brush with the thickened poaching mixture. Cool completely. If making ahead, cover and chill for up to 24 hours. Serves 8.

Cinnamon Pie Crust: In a mixing bowl stir together 1¼ cups *all-purpose flour,* ½ teaspoon *ground cinnamon,* and ¼ teaspoon *salt.* Cut in ⅓ cup *shortening* till pieces are the size of small peas. Sprinkle 1 tablespoon *cold water* over part of the mixture; gently toss with a fork. Push to side of bowl. Repeat with 2 to 3 tablespoons *cold*

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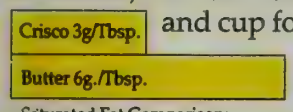


For holiday baking, this **TOLL HOUSE.** cookie was hard to beat...



...until now.
The **Butter Flavor*** **Crisco** Ultimate Chocolate Chip Cookie bakes up softer and moister.

What's more, the Toll House recipe calls for butter. Crisco is pure vegetable shortening, and cup for cup, it has 50% less saturated fat than butter. All of which is why Crisco is a better way to bake. This holiday, trust Crisco. Because you're baking for your family.



Saturated Fat Comparison:
Crisco has 50% less than butter.

Ultimate Chocolate Chip Cookies

3/4 cup Butter Flavor Crisco®
1–1/4 cups firmly packed brown sugar
2 Tbsps. milk
1 Tbsp. vanilla
1 egg
1–3/4 cups all-purpose flour
1 tsp. salt
3/4 tsp. baking soda
1 cup semi-sweet chocolate chips
1 cup pecan pieces

Heat oven to 375°F. **Cream** Butter Flavor Crisco, brown sugar, milk and vanilla in large bowl. **Blend** until creamy. **Blend** in egg. **Combine** flour, salt and baking soda. **Add** to creamed mixture, gradually. **Stir** in chocolate chips and nuts. **Drop** rounded measuring tablespoonfuls of dough 3 inches apart on ungreased baking sheet. **Bake** at 375°F. 8 to 10 minutes for chewy cookies (will appear light and moist–Do Not Overbake), 11 to 13 minutes for crisp cookies. **Cool** on baking sheet 2 minutes. **Remove** to cooling rack. Makes 3 dozen 3-inch cookies. **Enjoy!**



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HOMEMADE FOR THE HOLIDAYS

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water till all is moistened. Form the dough into a ball.

On a lightly floured surface flatten dough with hands. Roll dough from center to edges, forming a circle about 12 inches in diameter. Wrap pastry around rolling pin. Unroll onto a 9-inch pie plate. Ease pastry into pie plate, being careful not to stretch pastry. Trim to ¼ inch beyond edge of pie plate; fold under extra pastry.

To decorate the pastry edge with a leaf pattern, use a small, sharp knife to cut remaining pastry scraps into small leaf shapes, about 1 inch long. Use the back side of the knife to score the vein down the middle of each leaf. Brush pastry edge with water. Gently press leaves along pastry edge, overlapping leaves. *Do not prick pastry.* Bake as directed in Sour Cream, Raisin, and Pear Pie. Makes 1 single-crust pie.

Nutrition information per serving: *532 cal. (33% from fat), 20 g fat, 100 mg chol., 6 g pro., 86 g carbo., 3 g dietary fiber, 115 mg sodium. U.S. RDA: 15% calcium, 13% iron, 16% vit. A, 22% thiamine, 24% riboflavin, 12% niacin.*

RICE PUDDING WITH RUM-CARAMEL SAUCE

Leftover chilled pudding tastes delicious for breakfast, drizzled with milk or cream. Save any leftover caramel sauce for ice cream—

4 eggs
2 cups milk, half-and-half, *or* light cream
½ cup sugar
1 tsp. vanilla
¼ tsp. salt
1½ cups cooked rice, cooled
½ to ¾ cup raisins
⅛ tsp. ground nutmeg
⅛ tsp. ground cinnamon
1 recipe Rum-Caramel Sauce
Orange peel curls (optional)

● **In a 2-quart casserole beat** eggs; add milk or cream, sugar, vanilla, and salt. Beat till combined but not foamy. Stir in rice and raisins. Place casserole in a 13x9x2-inch baking dish on an oven rack. Pour boiling water into the baking dish around the casserole to a depth of 1 inch.

● **Bake in a 325° oven** for 30 minutes. Stir well; sprinkle with nutmeg and cinnamon. Bake for 20 to 30 minutes more or till a knife inserted near the center comes out clean. Spoon warm pudding into dessert dishes* and drizzle with Rum-Caramel Sauce. If desired, garnish each serving with an orange peel curl. Makes 8 servings.

Note: To serve cold, cover and chill pudding for up to 3 days, then spoon into dessert dishes and drizzle with warm Rum-Caramel Sauce.

Rum-Caramel Sauce: In a heavy saucepan combine ½ cup packed *brown sugar* and 1 tablespoon *cornstarch.* Stir in ⅓ cup *half-and-half* or *light cream,* ¼ cup *water,* and 2 tablespoons *dark corn syrup* or 1 tablespoon *molasses.* Cook and stir till bubbly (mixture may appear curdled). Cook and stir for 2 minutes more. Remove from heat; stir in 1 tablespoon

margarine or *butter* and 1 tablespoon *rum* or 1 teaspoon *rum flavoring*. Makes 1 cup.

Nutrition information per serving: *301 cal. (19% from fat), 6 g fat, 116 mg chol., 7 g pro., 54 g carbo., 1 g dietary fiber, 161 mg sodium. U.S. RDA: 16% calcium, 14% vit. A, 12% thiamine, 22% riboflavin.*

APRICOT-HAZELNUT CAKE ROLL

To keep the oven free for making Christmas dinner, bake this nut-covered cake roll the day before and chill. Drizzle with jelly before serving—

- **1 16- *or* 17-oz. can unpeeled apricot halves (in syrup)**
- **2 Tbsp. sugar**
- **3 eggs**
- **½ cup sugar**
- **1 cup all-purpose flour**
- **1 tsp. baking powder**
- **½ tsp. salt**
- **½ tsp. apple pie spice**
- **¾ cup finely chopped hazelnuts *or* pecans**
- **Powdered sugar**

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To drizzle jelly, snip a corner off a small, clear plastic bag filled with melted jelly. Pipe two zigzag lines atop the cake roll.







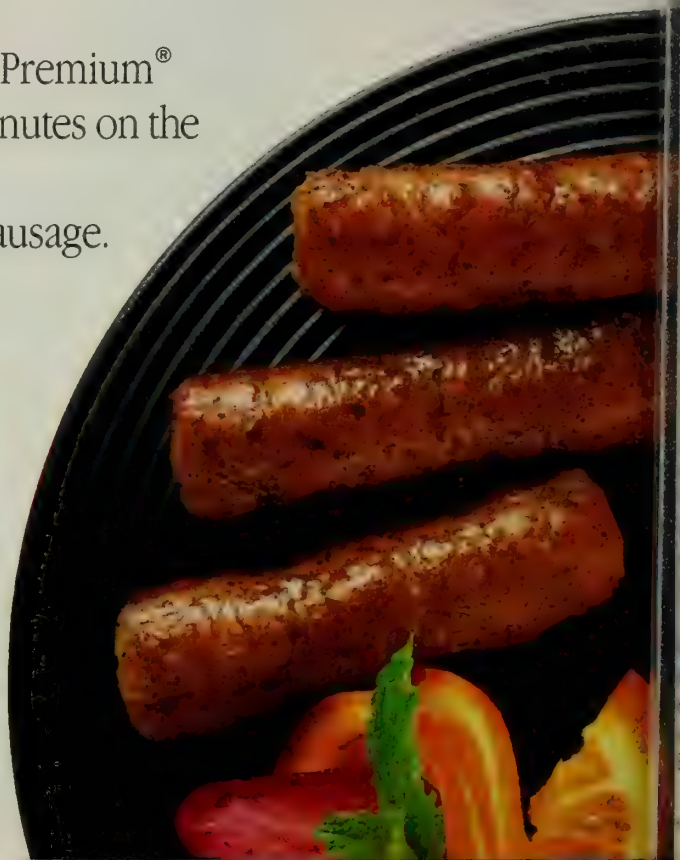
If you have to wait around for the great taste of sausage, you bought the wrong sausage.

The right sausage is delicious Swift Premium® Brown 'N Serve™ sausage. Ready in just minutes on the stove, only seconds in the microwave.

Swift Premium® Brown 'N Serve™ sausage. Why wait around for anything else?







Swift Premium®
Brown 'N Serve™ Sausage

Great taste without the wait.

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1 recipe Apricot-Cream Cheese Filling
¼ cup cherry *or* currant jelly (optional)
Fresh cranberries (optional)
Fresh mint (optional)

● **Grease** a 15x10x1-inch jelly-roll pan. Line with waxed paper. Set aside.

● **Drain apricots,** reserving *⅓ cup* of the syrup. Finely chop the apricots. Reserve *½ cup* of the chopped apricots for the filling. In a small saucepan combine remaining chopped apricots, reserved apricot syrup, and the 2 tablespoons sugar. Bring apricot mixture to boiling; reduce heat. Cook and stir over low heat about 4 minutes or till thickened, stirring and mashing with a spoon. Remove from heat; cool to room temperature.

● **In a small mixer bowl beat eggs** with an electric mixer on high speed for 5 minutes. Gradually beat in the ½ cup sugar and the thickened apricot mixture. Stir together the flour, baking powder, salt, and apple pie spice. Gently fold into egg mixture. Spread batter into the prepared pan. Sprinkle with nuts.

● **Bake in a 375° oven** for 10 to 12 minutes or till toothpick inserted comes out clean. Turn out onto a towel sprinkled with powdered sugar. Remove waxed paper. Starting at a narrow end, roll up cake and towel together; cool. Unroll cake and spread with Apricot Cream Cheese Filling. Reroll and chill for at least 2 hours, up to 24 hours.

● **Before serving,** if desired, heat cherry or currant jelly over medium heat till melted, stirring constantly; cool. Spoon jelly into a small, clear plastic bag. Snip a small hole at 1 corner of the bag. Pipe the jelly atop the cake roll in 2 zigzag lines (see how-to photo, *page 139*). If desired, garnish with fresh cranberries and fresh mint. Makes 10 servings.

Apricot-Cream Cheese Filling: In a small mixer bowl combine two 3-ounce packages *cream cheese,* softened; ¼ cup *margarine* or *butter,* softened; and ½ teaspoon *vanilla.* Beat mixture with an electric mixer on medium-high speed till fluffy. Beat in 1 cup sifted *powdered sugar.* Stir in the reserved ½ cup chopped *apricots* (from the cake recipe). Makes 2 cups.

Nutrition information per serving: *347 cal. (44% from fat), 18 g fat, 83 mg chol., 6 g pro., 44 g carbo., 2 g dietary fiber, 260 mg sodium. U.S. RDA: 27% vit. A, 16% thiamine, 16% riboflavin.*

CARAMEL CORN AND CANDY CRUNCH

Make this popcorn munch mix ahead and keep it on hand for last-minute gifts or snacking—

7 cups popped popcorn (about ⅓ cup unpopped)
¾ cup packed brown sugar
⅓ cup margarine *or* butter
3 Tbsp. light corn syrup
¼ tsp. baking soda
¼ tsp. vanilla
1 cup candy-coated milk chocolate pieces
1 cup peanuts
1 cup raisins

● **Remove all unpopped kernels** from popped corn. Place popcorn in a greased 17x12x2-inch baking pan. Keep popcorn warm in a 300° oven while making caramel mixture.

● **Butter the sides** of a heavy 1½-quart saucepan. In the saucepan combine brown sugar, margarine or butter, and corn syrup. Cook over medium heat to boiling, stirring constantly with a wooden spoon to dissolve sugar. This should take 7 to 10 minutes. Avoid splashing mixture on sides of pan. Carefully clip candy thermometer to side of pan.

● **Cook over medium heat,** stirring occasionally, till thermometer registers 255°, hard-ball stage (this should take about 4 minutes). The mixture should boil at a moderate, steady rate over entire surface.

● **Remove saucepan from heat;** remove candy thermometer from saucepan. Add baking soda and vanilla; stir till combined. Pour caramel mixture over the popcorn; stir gently to coat. Bake in a 300° oven for 10 minutes; stir. Bake for 5 minutes more.

● **Turn popcorn mixture** onto a large piece of foil. Cool completely. Break popcorn mixture into small pieces.

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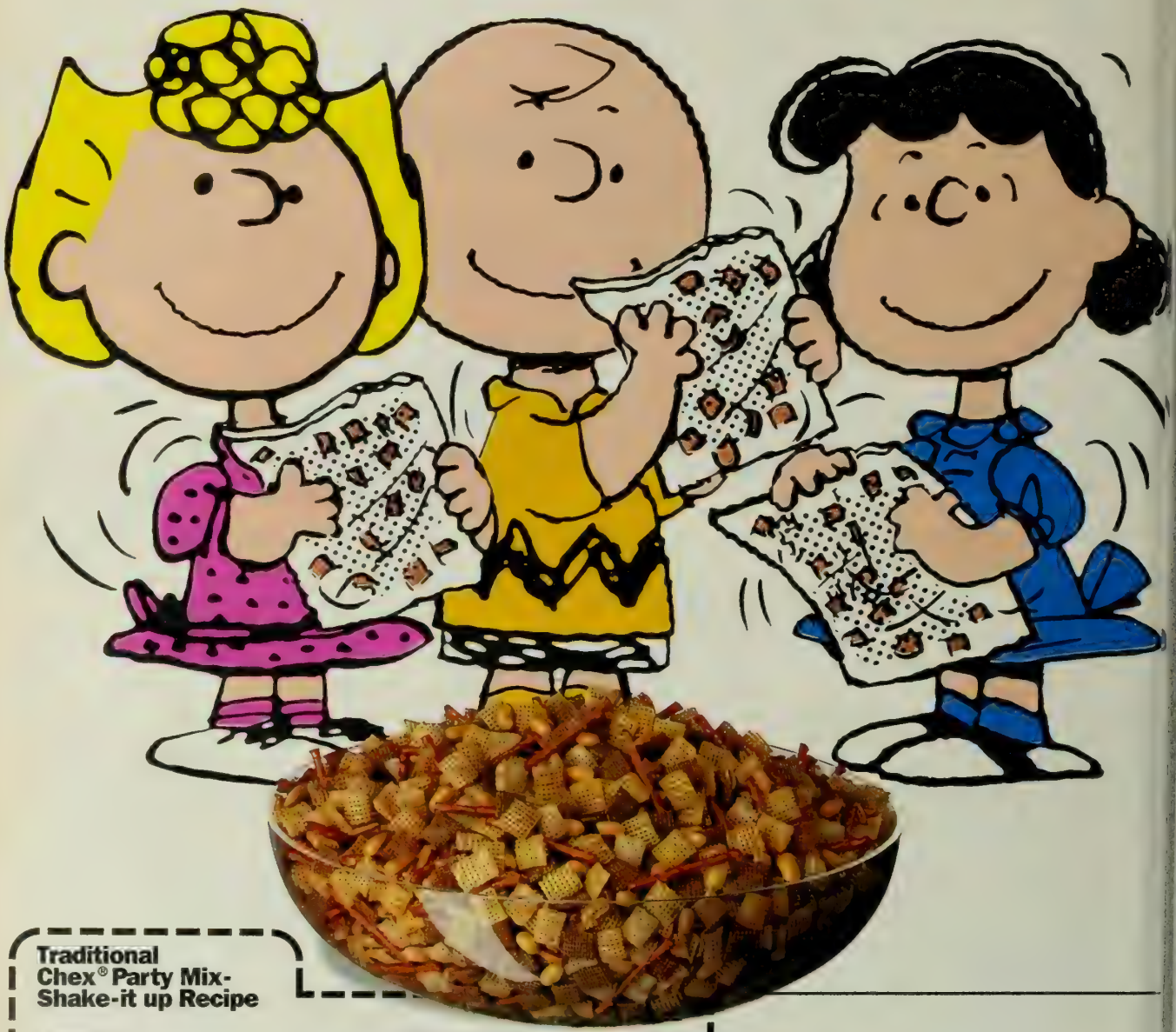
Recommended Without Reservations.



Restaurant Taste At Your Place.

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Chex® Party Mix As easy as 1-2-3!



Traditional Chex® Party Mix-Shake-it up Recipe

Ingredients:
2 tablespoons (1/4 stick) margarine OR butter
3/4 teaspoon seasoned salt
2 1/4 teaspoons Worcestershire sauce
4 cups of your favorite Chex® brand cereals (Corn, Rice and/or Wheat)
1/2 cup mixed nuts
1/2 cup pretzels

Things you'll need:
Large resealable plastic bag
Small microwave-safe bowl
Large microwave-safe bowl
Absorbent paper (like paper towels)
Measuring cups/spoons
Microwave oven
(See package for conventional oven recipe)

1. Make it! In a small microwave safe bowl, melt margarine in microwave on HIGH 30-45 seconds. Add seasoned salt and Worcestershire sauce to melted margarine: mix well. Pour cereals, nuts and pretzels into large resealable plastic bag. Pour margarine mixture over cereal mixture inside bag.

2. Shake it! Seal top of bag securely. Shake bag until pieces are evenly coated. NOTE: It's ok if some seasonings stick to the inside of the bag.

3. Bake it! Pour contents of bag into large microwave-safe bowl. Microwave on HIGH 3 to 3 1/2 minutes.* STOP to stir every minute. Spread on absorbent paper to cool. Makes a 4-cup batch.

*These directions were developed using 625-700 watt ovens.



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PEANUTS Characters: ©1950, 1952, 1960 United Feature Syndicate, Inc.

HOMEMADE FOR THE HOLIDAYS

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Stir in candy-coated chocolate pieces, nuts, and raisins. Store in a tightly covered container. Makes 9 cups.

Nutrition information per ½-cup serving: *214 cal. (40% from fat), 10 g fat, 9 mg chol., 4 g pro., 30 g carbo., 2 g dietary fiber, and 91 mg sodium. U.S. RDA: 10% niacin.*

HONEY-MACADAMIA NUT FUDGE

Toasted macadamia nuts add crunch and a wonderful buttery flavor to this melt-in-your-mouth fudge. For a less expensive nut option, use the pecans—

- **1 recipe Chocolate-Covered Macadamia Nuts (optional)**
- **1½ cups sugar**
- **1 cup packed brown sugar**
- **⅓ cup half-and-half *or* light cream**
- **⅓ cup milk**
- **2 Tbsp. honey**
- **2 Tbsp. margarine *or* butter**
- **1 tsp. vanilla**
- **½ cup toasted macadamia nuts, hazelnuts, *or* pecans, chopped**

● **Prepare** Chocolate-Covered Macadamia Nuts, if using; set aside. Line an 8x8x2-inch baking pan with foil, extending foil over edges of the pan. Butter the foil; set pan aside.

● **Butter the sides** of a heavy 2-quart saucepan. In the saucepan combine the sugar, brown sugar, half-and-half or cream, milk, and honey. Bring to boiling over medium-high heat, stirring constantly with a wooden spoon to dissolve sugars. This should take about 5 minutes. Avoid splashing mixture on sides of the pan. Carefully clip candy thermometer to side of pan.

● **Cook over medium-low heat,** stirring frequently, till the thermometer registers 236°, soft-ball stage (this should take 10 to 20 minutes). The mixture should boil at a moderate, steady rate over entire surface. Remove pan from heat. Add the 2 tablespoons margarine or butter and vanilla, but *do not stir.* Cool, without stirring, to 110°. This will take about 50 minutes. Remove thermometer.

● **With a wooden spoon, beat** vigorously till mixture just begins to thicken; add chopped nuts. Continue beating till mixture is very thick and just starts to lose its gloss. This should take about 10 minutes total. Turn into prepared pan. While warm, score into 1¼-inch squares. If desired, press 1 Chocolate-Covered Macadamia Nut into each square. When firm, lift candy out of the pan and cut into squares. Store in a tightly covered container. Makes 36 pieces (about 1½ pounds).

Chocolate-Covered Macadamia Nuts: In a small heavy saucepan melt 4 ounces *chocolate-flavored candy coating* over low heat. Remove from heat. Dip about 36 toasted *macadamia nuts, hazelnuts,* or *pecan halves* into coating, one at a time, covering half of each nut. Let excess coating drip off. Transfer dipped nuts to a piece of waxed paper to dry. Makes about 36 pieces.

Nutrition information per piece: *82 cal. (25% from fat), 2 g fat, 1 mg chol., 0 g pro., 16 g carbo., 0 g dietary fiber, and 17 mg sodium.*

MINIATURE AMARETTO CAKES

For gift giving, wrap liqueur cakes individually in colored cellophane wrap and ribbon. Or, wrap in plastic wrap and place in gift boxes—

- **¾ cup butter**
- **3 eggs**
- **1½ cups all-purpose flour**
- **1 tsp. baking powder**
- **¼ tsp. ground nutmeg**
- **¾ cup sugar**
- **¼ cup amaretto**
- **1 tsp. finely shredded lemon peel**
- **½ tsp. vanilla**

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- **⅓ cup sugar**
- **¼ cup water**
- **2 Tbsp. brown sugar**
- **2 Tbsp. light corn syrup**
- **½ cup amaretto**

● **Generously grease and flour** six 4-inch fluted tube pans or one 6-cup fluted tube pan.

● **Let butter and eggs stand** at room temperature for 30 minutes. In a small mixing bowl stir together flour, baking powder, and nutmeg. In a large mixer bowl beat butter with electric mixer on medium speed for 30 seconds. Beat on medium-high speed,

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Get Reddi for the holidays.

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adding the ¾ cup sugar *2 tablespoons* at a time, about 6 minutes or till mixture is very light and fluffy.

● **Stir in the ¼ cup amaretto,** lemon peel, and vanilla. Add eggs, one at a time, beating for 1 minute after each addition, scraping bowl often. Gradually add flour mixture to butter mixture, beating on medium-low speed just till combined.

● **Pour batter** into prepared pans. Bake in a 325° oven for 20 to 25 minutes for the 4-inch pans (40 to 45 minutes for the 6-cup fluted pan) or till a toothpick inserted near the center(s) comes out clean. Cool on a wire rack for 10 minutes. Remove from cake pans. Cool thoroughly on racks. Prick fluted top and sides of each cake generously with tines of a fork.

● **For syrup,** in a medium saucepan combine the remaining ⅓ cup sugar, water, brown sugar, and corn syrup. Cook and stir over medium heat till bubbly and most of the sugar is dissolved; remove from heat. Stir in the ½ cup amaretto. Cool for 5 minutes.

● **Dip fluted top and sides** of each cooled, 4-inch cake into syrup. Place cakes on a wire rack above a tray or baking sheet. Spoon or brush any remaining syrup over tops of cakes. (If using 6-cup pan, *do not* dip cake into syrup. Place cake on rack over tray or baking sheet; spoon or brush syrup over top and sides of cake, reusing syrup on tray.) Cool cake(s).

● **Wrap cakes** individually in plastic wrap or cellophane; chill, fluted side up, for up to 3 weeks. (*Or,* transfer to a tightly covered container and chill for up to 3 weeks.) Makes 6 miniature cakes or 1 large cake (24 servings).

Nutrition information per serving: *162 cal. (39% from fat), 6 g fat, 42 mg chol., 2 g pro., 22 g carbo., 0 g dietary fiber, 70 mg sodium.*

ALMOND BISCOTTI

⅓ cup margarine *or* butter
2 cups all-purpose flour
⅔ cup sugar
2 eggs
2 tsp. baking powder
1 tsp. vanilla
1½ cups slivered almonds *or* hazelnuts, finely chopped
1 egg yolk (optional)
1 Tbsp. milk *or* water (optional)
1 cup milk chocolate *or* semisweet chocolate pieces
2 Tbsp. shortening

● **In a mixing bowl beat** margarine or butter with an electric mixer on medium speed 30 seconds or till softened. Add *1 cup* of the flour, sugar, the 2 eggs, baking powder, and vanilla; beat till combined. Stir in remaining flour and nuts. Divide dough in half.

● **Shape each portion** into a 9-inch log. (Should be about 2 inches wide.) Place about 4 inches apart on a lightly greased cookie sheet. For a shinier appearance, stir together egg yolk and milk or water; brush onto logs. Bake in a 375° oven for 25 minutes. Cool on the cookie sheet for 1 hour.

● **Cut each log diagonally** into ½-inch slices. Lay slices, cut side down, on an ungreased cookie sheet. Bake in a 325° oven for 8 minutes. Turn slices over; bake 8 to 10 minutes more or till dry and crisp. Cool on a wire rack.

● **In a heavy small saucepan heat** chocolate pieces with shortening over low heat till melted, stirring occasionally. Place cooled cookies, flat side up, on waxed paper. With a spoon, drizzle chocolate atop cookies or dip into melted chocolate. For a design on the dipped cookies, run a fork or the tip of a knife through the chocolate while still soft. Let chocolate set up before serving. Makes about 30 slices.

Nutrition information per serving: *147 cal. (51% from fat), 9 g fat, 15 mg chol., 3 g pro., 16 g carbo., 1 g dietary fiber, and 53 mg sodium. U.S. RDA: 11% riboflavin.*

COOKING HELPERS

To order the following items, see page 181:

● **Star and round cookie cutters**
● **Spritz cookie gun**
● **Dried cherries**
● **9-inch tart pan**
● **Petite fancy ring pan**
● **Candy thermometer**
● **Meat thermometer**
● **Hors d'oeuvre cutters**



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SWEET LITTLE SOMETHINGS
Simple bite-size desserts

Dinner's over. You crave something sweet, but just one luscious bite will do. When that yearning strikes, choose from our just-your-size desserts—tangy lemon tarts or filled meringues. Such a sweet dilemma.

MINI CHESS TARTS

The tender pastry is a cinch; just stir yogurt into a piecrust mix—

- ½ 11-oz. pkg. piecrust mix (1¼ cups)
- ¼ cup plain yogurt
- 1 slightly beaten egg
- ⅓ cup sugar
- 2 Tbsp. margarine *or* butter, melted
- 1 Tbsp. milk
- 1 tsp. cornmeal
- ¼ tsp. finely shredded lemon peel
- 1 tsp. lemon juice
- Red *and/or* green jelly

In a mixing bowl combine piecrust mix and yogurt; stir till moistened. Form dough into 18 balls. Press onto bottom and up sides of 18 ungreased 1¾-inch muffin pans.

For filling, in a bowl stir together egg, sugar, margarine or butter, milk, cornmeal, lemon peel, and lemon juice. Spoon about *2 teaspoons* filling into *each* cup. Bake in a 350° oven for 25 to 30 minutes or till golden and set.

Cool on a wire rack. Cover; freeze for up to 1 week. Thaw; spoon jelly into centers. Makes 18.



Mini Chess Tarts

Nutrition information per tart: *114 cal. (51% from fat), 6 g fat, 12 mg chol., 2 g pro., 12 g carbo., 0 g dietary fiber, 162 mg sodium. U.S. RDA: 16% calcium.*



Almond Meringues

ALMOND MERINGUES

Like cotton candy, these cream-cheese-filled cookies will simply melt in your mouth—

- 3 egg whites
- ¼ tsp. cream of tartar
- ¼ tsp. almond extract
- 1 cup sugar
- 1 8-oz. container soft-style cream cheese with pineapple
- Fresh fruits* *or* preserves

Let egg whites stand in a large mixing bowl about 30 minutes or till they come to room temperature. Meanwhile, cover a baking sheet with plain brown paper.

To egg whites, add cream of tartar and almond extract. Beat with an electric mixer on medium speed till soft peaks form (tips curl). Add sugar, *1 tablespoon* at a time, beating on high speed till stiff peaks form (tips stand straight) and sugar is almost dissolved (about 7 minutes).

Drop meringue by tablespoons, 3 inches apart, onto the prepared baking sheet. With the back of a spoon, make a well in the center of each, building up sides. Bake in a 300° oven for 20 minutes. Turn off the oven and let cookies dry in the oven with the door closed for 30 minutes. Store in a cool, dry place till ready to serve or for up to 1 week.

Just before serving, spoon a generous *teaspoon* of cream cheese into center of *each* meringue. Top with fruit or preserves. Serve immediately. Makes 40 meringues.

Nutrition information per meringue: *39 cal. (36% from fat), 2 g fat, 5 mg chol., 1 g pro., 6 g carbo., 0 g dietary fiber, 24 mg sodium.*

***Note:** For fruit, choose from raspberries; mandarin orange sections; halved strawberries, grapes, or cherries; sliced kiwi fruit or star fruit (carambola); and/or cranberry sauce.

ABOUT MERINGUE

Meringue is made from stiffly beaten egg whites, sugar, and flavorings, then baked till crisp. Let egg whites stand at room temperature about 30 minutes before beating; you'll find they hold more air and thus achieve greater volume. Always use a nonplastic bowl to beat egg whites. Plastics retain fats from previous foods and keep the beaten whites from getting stiff and fluffy.



LEAN CHOCOLATE

desserts are a piece of cake when you use

HERSHEY'S COCOA.

It adds all the

luscious

chocolate taste your family loves, yet it's naturally

low in fat

and sodium, with no cholesterol. Just what you need to make today's light recipes taste

Rich

and satisfying and very, very Hershey's.

HERSHEY'S LIGHT CHOCOLATE CAKE

- 1-1/4 C. flour
- 1/3 C. HERSHEY'S Cocoa
- 1 tsp. baking soda
- 6 Tbsp. extra light corn oil spread
- 1 C. sugar
- 1 C. skim milk
- 1 Tbsp. white vinegar
- 1/2 tsp. vanilla extract

Heat oven to 350°. Spray two 8" round pans with cooking spray. In bowl, stir flour, cocoa and baking soda. In saucepan, melt corn oil spread; stir in sugar. Remove from heat. Add milk, vinegar and vanilla to mixture in saucepan; stir. Add dry ingredients; whisk until well blended. Pour evenly into pans. Bake 20 minutes or until wooden pick inserted comes out clean. Cool. Fill and frost top. Refrigerate. 12 servings.

LIGHT COCOA FROSTING

In small mixer bowl, stir together 1 envelope dry whipped topping mix, 1/2 C. cold skim milk, 1 Tbsp. HERSHEY'S Cocoa and 1/2 tsp. vanilla extract. Beat on high speed of mixer about 4 min. or until soft peaks form.

PER SERVING	CAL.	FAT	CHOL.	SOD.
W/ FROSTING	160	4g.	0mg.	115mg.
W/O FROSTING	140	3g.	0mg.	105mg.

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SLIM AND TRIMMED HORS D'OEUVRES



SCOTT LITTLE

Prepare both of these rich-tasting, yet healthful, party nibbles ahead of time for your next get-together.

Your health-conscious guests will enjoy these delectable hors d'oeuvres without reservation. We've reduced both fat and calories, but kept the scrumptious flavor.

POTATOES WITH DILL-SOUR CREAM

Micro-cook these mini potato skins ahead of time—just reheat and fill before guests arrive—

1 lb. whole tiny new potatoes (10 to 12)
2 Tbsp. nonfat plain yogurt
3 Tbsp. light sour cream
2 Tbsp. finely chopped green onion
2 Tbsp. grated Parmesan cheese
1 tsp. fresh snipped dillweed *or* ¼ tsp. dried dillweed
Dash Pepper
Lemon slices (optional)
Fresh dill (optional)

Scrub potatoes with a vegetable brush. Use a fork to prick the skins. Arrange potatoes on a microwave-safe

LOOK OUT! THESE A



HAM-IT-UP CRESCENT SNACKS

1 (8 oz.) can Pillsbury Crescent Dinner Rolls
4 thin slices (4x7 inches) ham
4 teaspoons pure prepared mustard
4 oz. (1 cup) shredded Swiss or Cheddar cheese
2 tablespoons sesame seed

Heat oven to 375°F. Unroll dough into 4 long rectangles. Firmly press perforations to seal. Place one slice ham on each rectangle. Spread ham slices with mustard; sprinkle with cheese. Starting with the shortest side, roll up each rectangle and press edges to seal. Coat rolls with sesame seed. Cut each of the 4 rolls into 5 slices forming 20 slices in all. Place each slice cut side down on ungreased cookie sheet. Bake for 15 to 20 minutes or until golden brown. Immediately remove from cookie sheet. Serve warm. 20 appetizers.

TIPS: To make ahead, prepare, cover and refrigerate up to 2 hours before baking. To reheat, wrap in foil and heat at 375°F. for 5 to 10 minutes.



SAUSAGE SNACK WRAPS

2 (8 oz.) cans Pillsbury Crescent Dinner Rolls
48 fully cooked small smoked sausage links

Heat oven to 375°F. Separate dough into 8 triangles. Cut each triangle lengthwise into thirds. Place sausages on shortest side of each triangle. Roll up from shortest side to opposite point.

Bake on ungreased cookie sheets for 12 to 15 minutes or until golden brown. Serve warm. 48 snacks.

TIP: To make ahead, prepare, cover and refrigerate up to 2 hours before baking.





FRESH VEGETABLE PIZZA

2 (8 oz.) cans Pillsbury Crescent Dinner Rolls
1 (8 oz.) carton sour cream
1 to 2 tablespoons prepared horseradish
¼ teaspoon salt
⅛ teaspoon pepper
2 cups fresh mushrooms, chopped
1 cup chopped, seeded tomatoes
1 cup small broccoli florets
½ cup chopped green bell pepper
½ cup chopped green onions

Heat oven to 375°F. Separate dough into 4 long rectangles. Plac rectangles crosswise in ungreased 15x10x1-inch baking pan; press over bottom and 1 inch up sides. Seal perforations. Bake 14 to 19 minutes or until golden brown. Cool completely. Blend sour cream, horseradish, salt and pepper. Spread over crust. Top with remaining ingredients. Cut into small pieces. Store in refrigerator. 60 appetizers.

For additional recipes, write: Creative Crescents, P.O. Box 4927A, Monticello, MN 55565-4927. Offer expires 9/30/92.

plate. Micro-cook, uncovered, for 7 to 9 minutes or till potatoes test done with a fork, turning potatoes over and rearranging halfway through the cooking time. Remove from oven and cool till potatoes are easy to handle.

Cut potatoes in half and place, cut side up, on same microwave-safe plate. With a small melon-ball scoop, remove some of the top from each potato to make room for filling. Reserve centers for another use. (At this point, cover potatoes and refrigerate till serving time or for up to 24 hours.)

To reheat, on a microwave-safe plate micro-cook potatoes, covered with vented plastic wrap, for 2 to 3 minutes or till heated through. Meanwhile, in a small bowl combine yogurt and sour cream. Place *2 teaspoons* of the yogurt mixture in *each* potato. Sprinkle *each* potato with green onion, cheese, dill, and pepper. If desired, garnish with lemon slices and fresh dill. Makes 20 to 24 servings.

Nutrition information per serving: *30 cal. (10% from fat), 0 g fat, 1 mg chol., 1 g pro., 6 g carbo., 15 mg sodium.*

SPINACH DIP IN FRENCH BREAD

As the dip vanishes, your guests can tear off bite-size pieces of the bread bowl—

2 10-oz. pkg. frozen chopped spinach, thawed and well drained
1 8-oz. pkg. light cream cheese (Neufchâtel), cut up
2 Tbsp. lowfat milk
2 cloves garlic, minced
¼ tsp. finely shredded lemon peel
1 Tbsp. lemon juice
2 tsp. Worcestershire sauce
¼ tsp. bottled hot pepper sauce
¼ cup sliced green onion

• • •

1 16-oz. round loaf French bread (about 6 inches in diameter)
Chopped red sweet pepper (optional)
6 medium carrots, bias-sliced
8 oz. jicama, crinkle-cut into sticks
1 large red *or* green sweet pepper, cut into sticks
Green onions, cut into 5-inch pieces

For dip, in a large mixer bowl combine the drained spinach, cream cheese, milk, minced garlic, shredded lemon peel, lemon juice, Worcestershire sauce, ¼ teaspoon *salt,* and hot pepper sauce. Beat with an electric mixer on medium speed till combined. Stir in the sliced green onion. Cover and chill mixture till serving time.

For bread bowl, slice 1 inch off the top of bread loaf and reserve. With a large spoon, scoop out the inside of the bread loaf, leaving about a half-inch shell. Reserve insides for another use or cut bread pieces into cubes to use as dippers. Spoon the spinach mixture into the hollowed bread shell. If desired, garnish dip with chopped red sweet pepper. Serve loaf surrounded by carrot, jicama, red or green pepper sticks, and green onions. Makes 24 appetizer servings.

Nutrition information per serving: *90 cal. (23% from fat), 3 g fat, 5 mg chol., 4 g pro., 15 g carbo., 2 g dietary fiber, 218 mg sodium. U.S. RDA: 94% vit. A, 24% vit. C, 13% thiamine, and 35% riboflavin.*

PETIZERS ARE HOT!

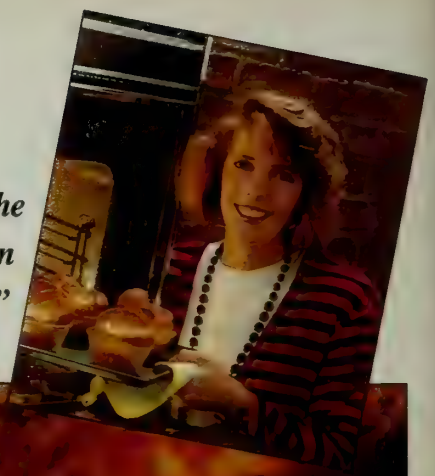


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COOK-TO-COOK

FROM MY KITCHEN TO YOURS



"When entertaining, I wait till the last minute to pull the popovers from the oven. They taste best when crisp-golden on the outside and steaming hot inside."

—Lisa Holderness, Associate Food Editor



PHOTOGRAPHS: SCOTT LITTLE

PERFECT POPOVERS

I never considered making popovers. They looked like just too much work. At least that's what I thought while waiting tables one summer at a St. Paul restaurant that was famous for its popovers. Each day the chef made batch after batch of those tender, golden puffs. And I, along with the guests and other waitresses, eagerly gobbled them up.

Recently, a popover pan, given to me as a gift, brought back the memories of that delicious summer job. With pan in hand, I decided to stop stalling and take the popover challenge. Much to my amazement, making these fluffy breads is much easier than I had thought. Popovers take only eggs, flour, milk, and oil—quick ingredients to mix.

Now the elegant popovers of my past again delight me. And, I find great joy in fixing them often for my friends and family.

To take the popover challenge yourself, turn to *page 152* for the basic recipe plus two variations for Orange-Cinnamon Popovers and Miniature Appetizer Puffs.

continued on page 152

How to lose serious brownie points.



In place of oil and eggs...

use Dannon® Plain Nonfat Yogurt and lose:
119 g. of fat, 424 mg. of cholesterol and 1058 calories.*

When you substitute Dannon® Plain Nonfat Yogurt for oil and eggs in your favorite brownie recipe, you'll get the same rich, fudgy brownies, but you won't get anywhere near the fat, cholesterol and calories.

In fact, you can use Dannon Plain Yogurt to make many of your favorite dishes healthier. The all-natural goodness of Dannon lets you cook delicious food that will score healthy brownie points with your family.

To get more recipes or advice about cooking with Dannon Plain Yogurt, call this toll-free number: **1-800-321-2174.**



Cooking healthy is just plain delicious.

Dannon® Brownies

Ingredients:

Brownie mix**
1/2 cup of Dannon® Plain Nonfat Yogurt
Amount of water as shown on mix
Chocolate packet (if included)

Grease bottom of 13" x 9" x 2" pan. Preheat oven to 350° (325° for glass pan). Combine brownie mix, yogurt, water and chocolate packet (if included) in bowl. Mix well. Spread in pan. Bake 30 minutes or until brownie begins to pull away from edge. Cool before cutting.

Makes approximately 24 brownies.

**Do not use Lite or Microwave brownie mix.

For Holiday Brownies...
Try this festive yogurt glaze. Mix 2 1/2 cups of confectioners' sugar, 1/4 cup of Dannon Plain Nonfat Yogurt and 1/4 tsp vanilla or 1/8 tsp mint extract. Spread over cooled brownies.

***Numbers are based on mix calling for 2 eggs and 1/2 cup of oil. Other recipes may vary.**

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continued from page 150



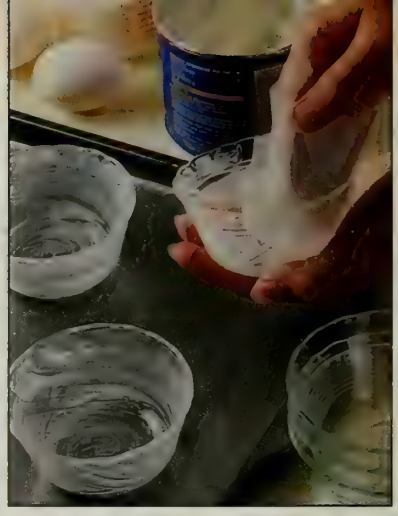
PERFECT POPOVERS

1 Tbsp. shortening *or* nonstick spray coating
2 beaten eggs
1 cup milk
1 Tbsp. cooking oil
1 cup all-purpose flour
¼ tsp. salt

● **Preheat oven to 400°.** Grease the bottom and sides of *six* 6-ounce custard cups or *six* cups of a popover pan, using *½ teaspoon* shortening per cup. The easiest way to spread the shortening evenly is with a piece of waxed paper. Or, spray the cups generously with nonstick spray coating. If using custard cups, place them on a 15x10x1-inch baking pan.

● **In a medium mixing bowl beat** eggs slightly with a whisk or fork. Stir in the milk and cooking oil. Add flour and salt. With a whisk or rotary beater, beat the egg-flour mixture till smooth (the batter will be thin). Transfer batter to a 2-cup glass measure. Pour batter into the greased cups, filling half full. Bake about 40 minutes or till golden. Do not open the oven door during baking. Cool air can condense into steam inside the popovers, causing them to fall.

● **Immediately after removing** popovers from oven, prick each one with a fork to let steam escape. This prevents popovers from getting soggy. Then, if crisper popovers are desired, return popovers to the oven for 5 to 10 minutes more (be sure the oven is turned off). Carefully remove them from the cups. Serve while hot. Makes 6 popovers.



Spread shortening evenly, using a piece of waxed paper.



Using a wire whisk or rotary beater, beat batter till smooth. Batter should be thin.



For easier pouring, transfer batter to a 2-cup measure and fill cups half full.



Orange-Cinnamon Popovers: Prepare as directed, *except* add 2 teaspoons finely *shredded orange peel* and ¼ teaspoon *ground cinnamon* to the batter.

Miniature Appetizer Puffs: Generously grease the bottom and the sides of twenty-four 1¾-inch muffin cups with shortening, or spray them with nonstick spray coating. In a medium mixing bowl combine 1 beaten *egg,* ½ cup *milk,* and 2 teaspoons *cooking oil.*

Add ½ cup *all-purpose flour,* 1 tablespoon grated *Parmesan cheese,* ⅛ teaspoon *onion powder,* ⅛ teaspoon *salt,* and a dash *ground red pepper* to the egg mixture. With a whisk or rotary beater, beat till smooth. Fill the greased cups *half* full. Bake in a 400° oven about 20 minutes or till very firm. Makes 24 mini popovers.

Nutrition information per large popover: *161 cal. (39% from fat), 7 g fat, 95 mg chol., 6 g pro., 18 g carbo., 0 g dietary fiber, 133 mg sodium and 104 potassium. U.S. RDA: 12% riboflavin.*

GOOF-PROOF TIPS FOR POPOVERS

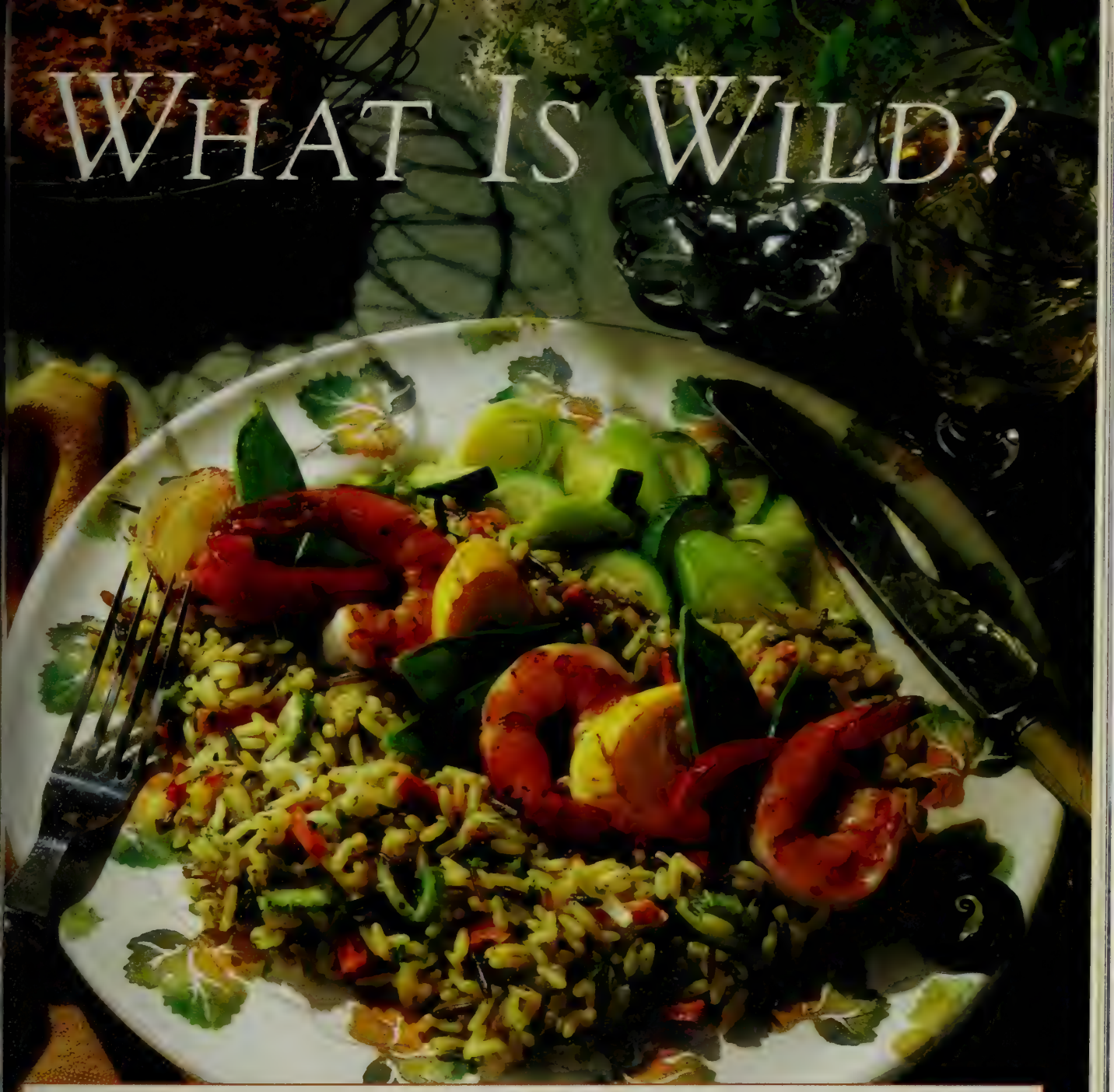
—To grease pans, **use ½ teaspoon shortening per cup or a thorough coating of nonstick spray coating. Too little shortening causes sticking, and too much shortening keeps the popovers from rising.**

—To get popovers to puff, **you need just the right balance of ingredients. Measure carefully and follow the given recipe or variation.**

—Beat till all lumps are gone. **Use a whisk or rotary beater for mixing till ingredients are well combined.**

—Stick to the 400° oven **temperature; the high heat causes the batter to puff.**

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UNCLE BEN'S® LONG GRAIN & WILD RICE

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The "Hope you made more than one" Pumpkin Pie.

Libby's Famous Pumpkin Pie

2 eggs, lightly beaten
1 can (16oz.) Libby's® Solid Pack Pumpkin
3/4 cup granulated sugar
1/2 tsp. salt
1 tsp. ground cinnamon
1/2 tsp. ground ginger
1/4 tsp. ground cloves
1-1/2 cups (1-12 fl.oz. can) undiluted Carnation® Evaporated Milk
1 9" unbaked pie crust (4 cups volume)

Combine filling ingredients in order given; pour into pie crust. Bake in preheated 425°F. oven for 15 minutes. Reduce temperature to 350°F. Bake an additional 40–50 minutes or until knife inserted near center comes out clean. (If necessary, cover edge of crust with aluminum foil to prevent excessive browning.) Cool; garnish if desired. Note: Bake pie on preheated heavy-duty cookie sheet only when using metal or foil pie pan.

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WIN MONEY

IN THE BETTER HOMES AND GARDENS® PRIZE TESTED RECIPES® CONTEST!

TWO TOP WINNERS: $200
TWO RUNNERS-UP: $100
SIX HONOR ROLLS: CORNING CORNERSTONE DINNERWARE

How would you like to win cash or new products for your home? Just send your original recipes to our monthly *Better Homes and Gardens* Prize Tested Recipes Contest. Each month, we ask you to send your recipes that fit the two categories. Then, we kitchen test and taste the entries and choose the winners.

Seven months later, we feature the four top winning recipes on the Prize Tested Recipes pages. Along with the prize or cash, all winners receive a framed certificate and six copies of their recipe.

HINTS FOR THIS MONTH'S CATEGORIES

BBQ Ribs

Fire up the grills! Send us your recipe for the sauciest, spiciest, or tastiest beef or pork ribs. Do you make a homemade sauce from scratch or start with a bottled sauce fix-up?

Picnic Salads

Any original salad recipe featuring pasta, grains, fruit, vegetables, or beans is eligible. Is it an unusual, yet tasty combo? Or, maybe you've added a creative twist to a summer favorite.

WINNERS IN THIS ISSUE (pages 157 and 158)

$200 Winners

Robert Duva
Paramus, N.J.
Irene Mullenbach
Little Cedar, Iowa

$100 Winners

Eleanor J. Froehlich
Rochester, Mich.
Marie Rizzio
Traverse City, Mich.

Honor Roll Winners

Each received Rubbermaid Cookware.
Mrs. James R. Bestul, *Hollister, Calif.*
Susan K. Brown, *Anaheim, Calif.*
Gail Caird, *Marshall, Mich.*
Roxanne E. Chan, *Albany, Calif.*
Natashia Loy, *Albuquerque, N. Mex.*
Jeanne Petty,
West Valley City, Utah

CONTEST RULES

1. Contest is open to U.S. residents, except Meredith Corp. employees, its affiliates, subsidiaries, and families.
2. With each entry, type or print your name, address, and recipe marked "July BBQ Ribs" or "July Picnic Salads." Specify ingredient brands and recipe origin.
3. Address recipes to 9207 Food Department, Better Homes and Gardens, Des Moines, IA 50309-3023.
4. Postmark all entries by December 31, 1991.
5. Winners will be selected about 60 days later, then notified by mail.
6. Entries must be original. Recipes must never have been published in a magazine, newspaper, cookbook, or on a package label. Recipes will be judged on creativity, taste, and practicality.
7. Entries will not be returned. All copyright rights of winning recipes belong to Meredith Corp. We reserve the right to adjust winning recipes.
8. Entry constitutes permission to use winner's name and hometown name for editorial and promotional purposes. BH&G



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QUICK TRIP TO ITALY



Del Monte® Italian Style Stewed Tomatoes are your ticket to zesty Sicilian cooking. Sun-ripened and simmered with spices, they're the secret to this delicious homemade meal.

SICILIAN SKILLET CHICKEN

4 half boneless chicken breasts, skinned
6 Tbsp. grated Parmesan cheese
3 Tbsp. flour
2 Tbsp. olive oil
1 cup sliced mushrooms
½ onion, finely chopped
½ tsp. rosemary, crushed
1 can (14½ oz.) Del Monte Italian Style Stewed Tomatoes

Flatten chicken slightly. Coat with 4 Tbsp. chee and then flour. Salt and pepper to taste. In skille cook chicken in oil over medium-high heat until do Remove to serving dish; keep warm. In same skil cook mushrooms, onion and rosemary until sof Add tomatoes; cook, uncovered, over medium-high heat until thickened. Spoon over chicken; top with remaining cheese. Serve over pasta. 4 servings. Prep time: 5 min. Cook time: 25 mi

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WIN MONEY FOR YOUR RECIPES
See Page 155 For Details

PRIZE TESTED RECIPES®

FESTIVE BEEF AND PORK DINNERS

File under Meat
December, 1991



$200 WINNER *Robert Duva, Paramus, N.J.*

PORK LOIN CHOPS WITH GOLDEN MUSTARD SAUCE

Dress up your holiday dinner with tender pork served on a bed of spinach and topped with a mustard sauce—

- **1 lb. fresh spinach, stems removed**
- **¾ cup warm water**
- **1 vegetable *or* chicken bouillon cube**
- **2 Tbsp. prepared mustard**
- **⅓ cup all-purpose flour**
- **½ tsp. salt**
- **½ tsp. garlic powder**
- **½ tsp. dried thyme, crushed**
- **½ tsp. dried basil, crushed**
- **½ tsp. black pepper**
- **¼ tsp. ground red pepper**
- **8 boneless pork loin chops, cut ¼ to ½ inch thick (about 1 lb.)**
- **2 Tbsp. olive oil *or* cooking oil**
- **1 Tbsp. sesame seed (optional)**

In a large Dutch oven cook spinach, covered, in a small amount of boiling water for 3 to 5 minutes or till just wilted. Drain well; keep warm.

In a small bowl stir together the ¾ cup water and bouillon till dissolved. Stir in mustard; set aside. In a another small bowl combine flour, salt, garlic powder, thyme, basil, black pepper, and red pepper; reserve *2 tablespoons.* Coat pork with remaining flour mixture. In a 10-inch skillet cook pork, half at a time, in hot oil for 2 to 3 minutes per side or till slightly pink in center. Remove pork and set aside; keep warm. Drain fat, reserving *1 tablespoon* in skillet. In same skillet cook sesame seed in hot drippings till toasted. Stir in reserved flour mixture. Add mustard mixture. Cook and stir till thickened and bubbly; cook and stir 1 minute more. To serve, spoon some sauce on each plate; top with *one-fourth* of the spinach. Place a chop atop spinach; spoon on

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BETTER HOMES AND GARDENS TEST KITCHEN®

PRIZE TESTED RECIPES®

HOMEMADE CANDIES

File under Candy
December, 1991



$200 WINNER *Irene Mullenbach, Little Cedar, Iowa*

MICROWAVE CANDY BAR FUDGE

- **½ cup margarine *or* butter**
- **⅓ cup unsweetened cocoa powder**
- **¼ cup packed brown sugar**
- **¼ cup milk**
- **3½ cups sifted powdered sugar**
- **1 tsp. vanilla**
- **30 vanilla caramels**
- **2 cups unsalted peanuts**
- **½ cup semisweet chocolate pieces**
- **½ cup milk chocolate pieces**

Line a 9x9x2-inch pan with foil, extending over edges; set aside. In a microwave-safe bowl micro-cook margarine or butter, uncovered, on 100% power (high) for 1 to 2 minutes or till melted. Stir in cocoa, brown sugar, and milk. Cook, uncovered, on high for 2 to 2½ minutes or till mixture comes to a boil, stirring once. Stir again. Cook for 1 minute more. Stir in powdered sugar and vanilla. Spread into pan.

In a glass bowl combine caramels and 1 tablespoon *water.* Cook, uncovered, on 50% power (medium) 4 to 5 minutes or till melted, stirring once. Stir in nuts; spread over fudge. In a 2-cup glass measure cook chocolate on medium for 2½ to 3 minutes or till melted, stirring once. Spread atop caramel. Chill till firm. Remove from pan; cut into squares. Serve at room temperature. Store in refrigerator. Makes 64 pieces.

Nutrition information per piece: *93 cal. (46% from fat), 5 g fat, 0 mg chol., 2 g pro., 12 g carbo., 0 g dietary fiber, 28 mg sodium.*




PRIZE TESTED RECIPES®
TO ADD TO YOUR COOKBOOKS

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PRIZE TESTED RECIPES®

HOMEMADE CANDIES

File under Candy
December, 1991



$100 WINNER *Eleanor J. Froehlich, Rochester, Mich.*

ORANGE TRUFFLES

Eleanor simplifies crushing the cookies for these easy-to-make truffles by using a food processor. But, you can also crush them in a plastic bag with a rolling pin—

- **1 4-oz. pkg. sweet baking chocolate**
- **20 chocolate sandwich cookies, finely crushed (2 cups)**
- **1 cup toasted ground hazelnuts *or* almonds**
- **3 Tbsp. whipping cream**
- **1 Tbsp. orange liqueur *or* orange juice**
- **1 Tbsp. finely shredded orange peel**
- **1 Tbsp. orange juice *or* water**
- **¼ cup presweetened cocoa powder *or* powdered sugar *or* ⅓ cup chocolate-flavored sprinkles *or* finely ground nuts**

In a heavy medium saucepan melt chocolate over low heat. Remove from heat and stir in crushed cookies, hazelnuts or almonds, whipping cream, orange liqueur or orange juice, orange peel, and orange juice or water. Cover and chill 1 hour or till mixture is easy to handle. Shape into 1-inch balls. Roll truffles in cocoa powder, powdered sugar, chocolate-flavored sprinkles, or ground nuts. Store in refrigerator. Makes about 3 dozen.

Note: You may need to roll truffles in powdered sugar and presweetened cocoa a few times before serving (truffles soak up these coatings).

Nutrition information per truffle: *71 cal. (56% from fat), 5 g fat, 3 mg chol., 1 g pro., 7 g carbo., 1 g dietary fiber, 42 mg sodium.*

Buying information, page 172.

PRIZE TESTED RECIPES®

FESTIVE BEEF AND PORK DINNERS

File under Meat
December, 1991



$100 WINNER *Marie Rizzio, Traverse City, Mich.*

BEEF TENDERLOIN STEAKS WITH PEPERONATA

Peppers, onion, olive oil, and garlic make up peperonata, the Italian version of salsa—

- **¼ cup fine dry seasoned bread crumbs**
- **¼ cup grated Parmesan cheese**
- **1 Tbsp. snipped parsley**
- **1 beaten egg**
- **3 cloves garlic, minced**
- **6 beef tenderloin steaks, cut ½ inch thick (1 to 1¼ lb.)**
- **2 large onions, thinly sliced and separated into rings (3 cups)**
- **3 red, green, *and/or* yellow sweet peppers, cut into bite-size strips**
- **1 sprig fresh rosemary *or* ½ tsp. dried rosemary, crushed**
- **3 Tbsp. olive oil *or* cooking oil**
- **2 Tbsp. red wine vinegar**
- **1 Tbsp. margarine *or* butter**
- **Snipped fresh rosemary (optional)**

In shallow bowl combine bread crumbs, cheese, parsley, ¼ teaspoon *salt,* and dash *pepper.* In another bowl stir together egg and 1 tablespoon *water.* Rub some of the garlic over steaks. Dip steaks in egg mixture; coat with crumb mixture. Set aside.

For peperonata, in a skillet cook remaining garlic, onion, peppers, and rosemary, covered, in *2 tablespoons* of the oil for 10 to 15 minutes or till tender, stirring occasionally. Remove fresh rosemary, if used. Stir in vinegar. Remove from heat; keep warm.

Meanwhile, in a large skillet heat margarine or butter and remaining oil over medium-high heat. Add meat; reduce heat to medium. Cook, uncovered, for 6 to 8 minutes (rare) or 10 to 12 minutes (medium), turning once. Serve with peperonata. Sprinkle with snipped rosemary, if desired. Makes 6 servings.

Nutrition information per serving: *272 cal. (54% from fat), 16 g fat, 86 mg chol., 20 g pro.,*

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Decorations:
For your own special pumpkin pie, cut out holly leaf shapes. Place cut-outs on cookie sheet and bake at 450° F, 4-6 minutes, or until light brown. Braided edge: Trim dough even with edge and brush with egg white. Cut remaining crust into twelve ⅜" strips. Braid 3 strips, place on edge of crust and press lightly. Repeat with remaining strips around outside edge. Garnish; place holly-shaped cut-outs on top of baked pie.



Easy as pie.



Top crust: For a unique cherry pie, cut out two bells with cookie cutter, tops toward center. Place crust over filling. Fold edge of top crust under bottom crust. Brush underside of one bell with water. Place on crust between cut-outs. Crust edge: Press thumb at angle into edge of crust; pinch dough between thumb and knuckle of index finger. Repeat around edge of pie. Cut small strips from remaining dough, shape into bow, and place on pie.



Ditto.



Square edge:
To make a unique square cut-out design for your own pecan pie, trim bottom crust even with edge of pie pan. Brush edge of crust with egg white. Unfold the remaining crust. With knife or small square-shaped cutter, cut squares out of dough. Overlap cut-out square shapes on edge of crust around the rim of the pie pan. Press down lightly. Garnish with whipped cream; finish by drizzling melted chocolate on top.



Same.



™

In the dairy case.

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Green Gift Ideas for the Holidays

BY TOM JACKSON

Can't think of a gift for the environmentalist in your family? Here are ideas to brighten the holidays and the environment.



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HOLIDAY TABLETOP TIPS

Simple, caring touches let your dinner table say "happy holidays" as clearly as the special food. These fun, festive looks will get your family and friends in the mood to celebrate:

Decorate your dishes. Wrap a salad bowl or dessert dish with pretty ribbon. Or, tie a small bow around the stem of each wineglass.

Create a fragrant centerpiece. Wrap bunches of long cinnamon sticks with ribbon and press whole cloves into oranges. Arrange both in a basket and surround with fresh, aromatic pine branches.

Make candle holders from apples. With an apple corer or knife, make a hole, big enough for a candle, in the top of an apple. If needed, trim bottom of apple to sit flat.

Bake your own place-card holders. Write each name, with icing, on a frosted sugar cookie (cut into a fun holiday shape). With stiff icing, attach the bottom of each cookie to a graham cracker, making a platform for the cookie to stand on.

Give little gifts at dinner. Get folks into the holiday spirit by placing a small, wrapped box by each plate. Chocolate truffles, homemade candy, or ornaments all make fun, inexpensive gifts.

Tie napkins with fancy ribbon. Add bells and small ornaments if you like. Or, fold napkins in a new, creative way. Place napkins on the empty dinner plates or in empty glasses. For napkin folding, experiment on your own or look for a book on this topic.

Dress up dinner. Making your food look special can be as simple as adding a sprig of fresh herb. Other quick garnishes, such as pomegranate seeds, grapes, nuts, cherry tomato wedges, red leaf lettuce, and candied fruit, really spruce up a holiday menu. BH&G

Help yourself.

Try some of the ham. It's Cure/81® ham from Hormel. Always lean, always juicy, and always the center of attention whenever families gather during the holidays. But this year, while you're enjoying your ham with all the trimmings, there's an extra-special reason to feel good about choosing Cure/81® ham. Because the more you buy Hormel this holiday, the more hams we'll be contributing to food shelves across the country. Seconds, anyone?

Hormel

Holiday Cranberry Glaze

Here's the perfect complement to a lean, juicy Cure/81® ham from Hormel. Whether you serve our half or whole ham, this glaze adds a holiday touch that tastes as good as it looks.

1 Cure/81® ham
¼ cup cranberry-orange sauce
¼ cup peach or apricot preserves

Bake ham according to label instructions. Meanwhile, combine cranberry-orange sauce and preserves. Thirty minutes before ham is done, remove from oven. Spoon on glaze. Continue baking.



Go ahead. Help yourself.



Sausage Crescent Rolls

1 (12-ounce) pkg. Little Sizzlers® pork sausage links
3 (4-ounce) pkgs. refrigerated crescent roll dough

Cook sausage links according to package directions; drain well. Cool. Separate crescent roll dough into triangles. Place 1 sausage link at wide end of triangle; roll up. Place on baking sheet. Bake at 375°F. 11 to 13 minutes or until crescent roll is golden brown. Makes 12 appetizers.

Bacon-Wrapped Shrimp

1 (16-ounce) pkg. Black Label® bacon
40 shrimp
1 (10-ounce) bottle teriyaki sauce

Cut Black Label® bacon slices in half. Wrap bacon around shrimp. Secure with wooden picks. Place in 9- by 13-inch baking dish. Pour teriyaki sauce over shrimp. Cover and refrigerate 1 hour. Bake at 400°F., uncovered, 20 to 25 minutes or until bacon is crisp. Makes 40 appetizers.

Try the Salami Cornucopias, made with Hormel salami filled with a delicious cream cheese and Dijon mustard spread. Take some more of the shrimp, too—it's the Black Label® bacon that makes it. And don't forget the Hormel pepperoni…it's great with cheese on a cracker! Or the scrumptious Little Sizzlers® in crescent rolls. In fact, think of Hormel for all your holiday entertaining this year—and think of all the people you'll be helping through our holiday ham giveaway. That's the spirit!



Hormel

No, really, help yourself.

Holiday Chicken BY GEORGE®

At this busy time of year, we sometimes sacrifice the festive feel in favor of an easy meal. But with Chicken BY GEORGE® boneless, skinless chicken breast fillets you can cook a delicious, healthy meal in minutes—and still serve up a holiday treat.

With eight delicious varieties to choose from, you can serve everyone the same choice, or match flavors to individual tastes. And Chicken BY GEORGE® is great sauteed, grilled, broiled or microwaved, as an entree, sandwich, or appetizer.

The gang's coming over on short notice? Not to worry. Cook up some Light & Lean® franks and Wranglers® smoked franks to go along with grilled Chicken BY GEORGE® sandwiches, and watch it all disappear faster than you can say, "Happy New Year!"

The game'll be on before you know it. So make sure the kids get their fill of delicious, nutritious Light & Lean® franks. And for the armchair quarterbacks, have plenty of Chicken BY GEORGE® on hand. It makes the best sandwich in just minutes, so nobody will miss the kickoff—including the cook! And nobody need miss out on a healthy, satisfying meal during this hectic season. And don't forget: the more you serve to your group, the more we serve to charitable groups.



Hormel



The holidays are the perfect time to serve all your Hormel favorites. But now there's an extra special reason to enjoy Hormel products throughout the holiday, because once again we're donating Cure/81® hams to food shelves all over the country.

It's our way of thanking you for making Hormel a special part of your holidays. And your way of making the holidays a special time for all.

So buy Hormel this holiday. And think of all the people you'll be pleasing.

THERE'S A NAME FOR FOOD THIS GOOD.™

Hormel

Help yourself to holiday savings from Hormel.

The Hormel $8.00 Cure/81® Ham Certificate

Complete this original mail-in certificate and we'll send you a certificate for up to $8.00 on your next purchase of one Cure/81® ham from Hormel. Send the required proofs of purchase from Hormel products as specified below. Fill in the table indicating the certificate amount you are requesting. Limit one certificate per household. Allow 6-8 weeks for delivery. No groups or clubs please. Maximum certificate $8.00. Minimum certificate $2.50. Offer expires February 29, 1992.

Get $1.50 toward a certificate for each purchase of Cure 81® ham (whole or half)
Total number of registration number labels _____ x $1.50 = _____

Get 50¢ toward a certificate for each purchase of any BY GEORGE® product
Total number of UPC codes _____ x 50¢ = _____

Get 50¢ toward a certificate for each purchase Light & Lean® franks (any variety), Light & Lean® lunchmeats (any variety), Stack Pack™ lunchmeat (any variety), Wranglers® smoked franks (any variety), Black Label® bacon (any variety), Light & Lean® ham, or Hormel Canadian Style Bacon
Total number of UPC codes _____ x 50¢ = _____

Get 25¢ toward a certificate for each purchase of Little Sizzlers® pork sausage (any variety), Hormel Pepperoni, or Hormel Hard Salami
Total number of UPC codes _____ x 25¢ = _____

Get 25¢ toward a certificate for each purchase of Hormel Deli Meats (any variety, limit one per refund)
Total number of cash register receipts _____ x 25¢ = _____

$2.50 minimum certificate ($8.00 maximum certificate) Total _____

Name _____

Address _____

City _____

State _____ Zip _____

Send to: Hormel $8.00 Cure/81® Ham Gift Certificate
PO Box 410323
El Paso TX 88541-0323

123

Hormel

$1.00 MANUFACTURER'S COUPON EXPIRES: 2/29/92 $1.00

Save $1.00 on a Cure/81® Ham

Name _____

Address _____

City _____ State _____ Zip _____

Retailer: Hormel will redeem this coupon for amount shown plus 8¢ handling provided you and your customer have complied with the terms of this offer. Any other application may constitute fraud. Coupon void where prohibited, taxed or restricted. Customer must pay any sales tax. To redeem coupon, mail to: HORMEL CMS Dept. #37600 1 Fawcett Drive, Del Rio, TX 78840. Cash value 1/20¢. LIMIT ONE COUPON PER PURCHASE.

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$1.00 Hormel $1.00

KITCHEN ACCESSORIES THAT CLEAR THE CLUTTER

Good news for clutterbusters. A neat and orderly kitchen is more attainable than ever, thanks to ingenious cabinet accessories that clear the deck so you can cook and clean more efficiently. We can't catalog every kitchen-inch-saving item, but here are four examples.



WOOD-MODE CABINETRY

RACK 'EM UP

Wood-Mode Cabinetry's chrome-plated rack system saves counter and drawer space. ***Wood-Mode Cabinetry, Kreamer, PA 17833; 717/374-2711***



WOOD-HU KITCHENS, INC.

STEP RIGHT UP

Extend your reach with Wood-Hu's disappearing step stool. It tucks into kick space. ***Wood-Hu Kitchens, Inc., 343 Manley Street, West Bridgewater, MA 02379; 508/586-8050.***



THE ST CHARLES COMPANIES

BIGGER THAN A BREAD BOX

Stainless-steel boxes for flour, sugar, and bread tuck into St. Charles cabinet drawers. ***The St. Charles Companies, 1401 Greenbrier Parkway, Suite 200, Chesapeake, VA 23320; 804/424-3900***



KRAFTMAID CABINETRY, INC

PETITE PANTRY

This mini-storage unit from KraftMaid slides neatly into a 9- or 12-inch-wide space. ***KraftMaid Cabinetry, Inc., 16052 Industrial Parkway, Middlefield, OH 44062; 216-632-5333***

MUFFINS FRESH FROM THE MICROWAVE



SCOTT LITTLE

Cream Cheese and Carrot Muffins

Pamper yourself with a warm muffin from the oven. No time? You can quickly make muffins in your microwave oven for breakfast or a snack. These light and fluffy muffins cook in less than four minutes.

MICROWAVE MUFFINS

Enjoy the basic muffin recipe or pick your favorite variation—

¾ cup all-purpose flour
2 Tbsp. sugar
1 tsp. baking powder
½ tsp. ground cinnamon
¼ tsp. salt
1 beaten egg yolk
⅓ cup milk
3 Tbsp. cooking oil
1 recipe Streusel Topping *or* 3 Tbsp. finely chopped nuts

In a bowl stir together flour, sugar, baking powder, cinnamon, and salt; make a well in the center. Combine yolk, milk, and oil. Add to flour mixture. Stir just till moistened.

Line a microwave-safe muffin pan or six custard cups with paper bake cups. Spoon 2 *slightly rounded tablespoons* of batter into each cup. Sprinkle with Streusel Topping or nuts.

Micro-cook, uncovered, on 100% power (high) 1½ to 3 minutes or till done, giving pan a half-turn every minute. Check doneness. Remove from pan or cups. Let stand 5 minutes on a rack. Serve warm. Makes 6.

Date Muffins: Prepare muffins as directed *except* fold ½ cup *chopped pitted dates* into batter. Sprinkle with chopped nuts before cooking.

Banana Muffins: Prepare muffins as directed, *except* decrease milk to *3 tablespoons.* Stir ½ cup *mashed ripe banana* into batter. Sprinkle with chopped nuts before cooking.

Cream Cheese and Carrot Muffins: Prepare muffins as directed, *except* fold ¼ cup *finely shredded carrot* and 3 tablespoons *raisins* into batter. Mix together 2 ounces *softened cream cheese* and 1 tablespoon *powdered sugar.* Spoon *1 slightly rounded tablespoon* of batter into muffin cups. Add *1 rounded teaspoon* cream cheese mixture. Top with *1 slightly rounded tablespoon* batter. Sprinkle with *Streusel Topping.* Cook as directed.

Streusel Topping: Stir together 2 teaspoons *sugar* and ¼ teaspoon *ground cinnamon.*

Nutrition information per basic muffin: *157 cal. (46% from fat), 8 g fat, 37 mg chol., 3 g pro., 19 g carbo.*

MICRO-COOKING TIPS:

- **If using custard cups, place the cups on a microwave-safe plate, leaving the center open. This allows for even cooking.**
- **Give the muffin pan or plate with custard cups a half-turn after every minute to ensure that all muffins cook evenly.**
- **To check muffins for doneness, scratch the slightly wet surface of a muffin with a wooden toothpick; the muffin should look done, or textured, underneath.**
- **If using custard cups, remove muffins from the oven as they test done. Check other muffins every 15 to 20 seconds for doneness. (Because it would be difficult to remove hot muffins from the muffin pan, we do not recommend removing each separately.)**
- **After removing the muffins from the pan or custard cups, let muffins stand at least 5 minutes before serving to allow the slightly wet tops to dry.**



Using a measuring spoon, place 2 slightly rounded tablespoons of batter into custard cup or paper muffin cup.

ANNOUNCING THE GREATEST WAY TO COOK RICE SINCE WATER.



It's so easy to make rice taste great. Just use Swanson® Broth instead of water. That's it. Same amount, same cooking time. The only difference is how much better it tastes.

Whether you're making white rice, wild rice, or a delicious rice pilaf, using Swanson Chicken or Beef Broth instead of water adds flavor without adding time or trouble.

Swanson Broth can also enhance the flavor of vegetables (fresh or frozen), potatoes (boiled or instant)—everything from beans to pasta.

So the next time a recipe calls for water, use Swanson Broth instead. It makes so many good things taste even better.

Swanson Broth.
It simply makes food taste better.

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FOOD

SPICY SOUPS FOR SUPPER



SCOTT LITTLE

With chunks of tomatoes, zucchini, and sausage, this soup will become a family favorite.

Love your food hot and spicy? These southwestern-inspired soups, liberally dashed with chilies, chili powder, cumin, and red pepper, will satisfy your cravings. Both soups go together in minutes.

HEARTY RICE AND SAUSAGE SOUP

Mexican-style stewed tomatoes and sausage add to the bite—

1 lb. turkey sausage *or* bulk pork sausage
1 medium onion, chopped (½ cup)
½ cup coarsely chopped green pepper
1 clove garlic, minced
1 16-oz. can Mexican-style stewed tomatoes
2 cups water
1 10½-oz. can condensed beef broth
½ of a 6-oz. can tomato paste (⅓ cup)
½ tsp. chili powder
⅓ cup quick-cooking rice
1 medium zucchini, halved lengthwise and sliced ¼ inch thick
Dairy sour cream (optional)
Broken tortilla chips (optional)

In a large saucepan or Dutch oven cook sausage, onion, green pepper, and garlic till onion is tender and sausage is brown. Drain off fat. Cut up any large vegetables in stewed toma-

So rich, so creamy,
but with ⅔ less fat than
regular sour cream.

LAND O LAKES
Light
Sour Cream
FEWER CALORIES AND 2/3 LESS FAT
THAN REGULAR SOUR CREAM
REDUCED CALORIES AND REDUCED FAT
NET WT 16 OZ. (1 LB)

Lighten Up.

toes. Stir in *undrained* tomatoes, water, broth, tomato paste, and chili powder. Bring just to boiling; reduce heat. Add uncooked rice; cover and simmer 5 minutes. Add zucchini and cook 5 minutes more or till rice and zucchini are tender. To serve, top each serving with sour cream and tortilla chips, if desired. Makes 4 servings.

Nutrition information per serving: *285 cal. (36% from fat), 12 g fat, 63 mg chol., 22 g pro., 25 g carbo., 1,576 mg sodium.*

SOUTHWESTERN BEAN AND CHICKEN SOUP

For a quick meal, use frozen chopped chicken—

1 large onion, chopped (1 cup)
1 Tbsp. olive oil *or* cooking oil
2 14¼-oz. cans chicken broth
1 15- *or* 16-oz. can red kidney beans *or* great northern beans, rinsed and drained
2 4-oz. cans chopped green chili peppers
2 tsp. dried oregano, crushed
1½ tsp. ground cumin
1 tsp. garlic powder
¼ tsp. ground cloves
⅛ to ¼ tsp. ground red pepper
3 cups diced, cooked chicken
Shredded cheddar cheese (optional)

In a Dutch oven cook onion in oil about 2 minutes or till tender but not brown. Add chicken broth, beans, *undrained* chili peppers, oregano, cumin, garlic powder, cloves, and ground red pepper. Bring to boiling; reduce heat. Cover and simmer 20 minutes. Add chicken; cook, covered, for 10 minutes more to heat through. Ladle into soup bowls. Sprinkle with cheddar cheese, if desired. Makes 4 servings.

Nutrition information per serving: *374 cal. (24% from fat), 10 g fat, 89 mg chol., 45 g pro., 26 g carbo., 1,456 mg sodium.*



SCOTT LITTLE

An unexpected spice, ground cloves, accents the tasty mix of seasonings.

LIGHT, LEAN, AND QUICK FAMILY MEALS



Curried Chicken with Rice: A dish with a tropical taste that'll help you look good and feel good.

CURRIED CHICKEN WITH RICE

Nonstick spray coating
- **6 boned, skinned chicken breast halves *or* turkey breast tenderloins (about 1½ lbs.)**
- **2 Tbsp. margarine**
- **2 Tbsp. all-purpose flour**
- **1 tsp. curry powder**
- **1 cup water**
- **¼ cup skim milk**
- **1½ tsp. instant chicken bouillon granules**
- **¼ cup raisins**
- **2 Tbsp. snipped parsley**
- **1 tsp. finely shredded lemon peel**
- **⅛ tsp. pepper**
- **3 cups hot cooked rice**
- **¼ cup coarsely chopped peanuts**
- **2 medium bananas, cut into chunks**

Spray a 10-inch skillet with nonstick coating. Add chicken or turkey. Cook over medium heat for 12 to 14 minutes or till tender and no pink remains, turning the pieces to brown evenly. Remove the chicken or turkey from skillet; keep warm.

In same skillet melt margarine. Stir in flour and curry powder. Add water, milk, and bouillon granules. Cook and stir till thickened and bubbly. Cook and stir for 1 minute more. Stir in raisins, parsley, lemon peel, and pepper. Arrange chicken or turkey over rice; spoon sauce over chicken and sprinkle with peanuts. Serve with banana chunks. Makes 6 servings.

Nutrition information per serving: *421 cal. (24% from fat), 11 g fat, 72 mg chol., 32 g pro., 2 g dietary fiber, 370 mg sodium. U.S. RDA: 15% iron, 29% vit. A, 29% thiamine, 16% riboflavin, and 101% niacin.*



PHOTOGRAPHS: SCOTT LITTLE

Snappy Joes: Cabbage is a healthful addition to an old recipe.

SNAPPY JOES

- **1 lb. lean ground beef**
- **½ cup chopped green pepper**
- **¼ cup chopped onion**
- **1 8-oz. can tomato sauce**
- **½ cup bottled barbecue sauce**
- **1 cup shredded cabbage with carrot (coleslaw mix)**
- **6 toasted hamburger buns, 6 corn tortillas, *or* 6 baked potatoes**

In a large skillet cook the ground beef, green pepper, and chopped onion for 4 to 5 minutes or till beef is no longer pink. Drain off fat. Stir in the tomato sauce, barbecue sauce, and cabbage with carrot. Bring to boiling; reduce heat. Simmer, uncovered, for 10 minutes. Spoon about *½ cup* meat mixture over each bun, into each tortilla, or over each baked potato. Makes 6 servings.

Nutrition information per serving on bun: *277 cal. (27% from fat), 8 g fat, 43 mg chol., 21 g pro., 2 g dietary fiber, and 710 mg sodium, 521 mg potassium. U.S. RDA: 18% iron, 16% vit. A, 32% vit. C, 31% thiamine, 24% riboflavin, and 41% niacin.*

PROJECTLEAN

More than ever, you're seeing the word "lean" on our pages. That's because we support the national education campaign, ProjectLEAN (Low-fat Eating for America Now), and the recommendations of many nutritionists and researchers. They suggest that Americans lower their dietary fat intake so that no more than 30 percent of total daily calories come from fat. These recipes, and future ones we print, can help. BH&G

Introducing A Whole New Class Of Chili.

New Dennison's® Select.

Chili so rich. So thick. So full of robust flavor. This is new Dennison's Select, our choicest chili ever. Made with a select blend of superb ingredients, like big chunks of beef, quality beans, tomatoes and hearty pieces of onions, and peppers. Finally, we season with our own unique blend of spices to make chili recipes like you never tasted before.

Choose from three varieties. Hot and spicy **Caliente**, with green chilies and jalapenos. **Smokehouse**, with green chilies, jalapenos and smoked bacon flavor. And **Homestyle**, a mild chili with quality kidney beans and diced tomatoes. New Dennison's Select.

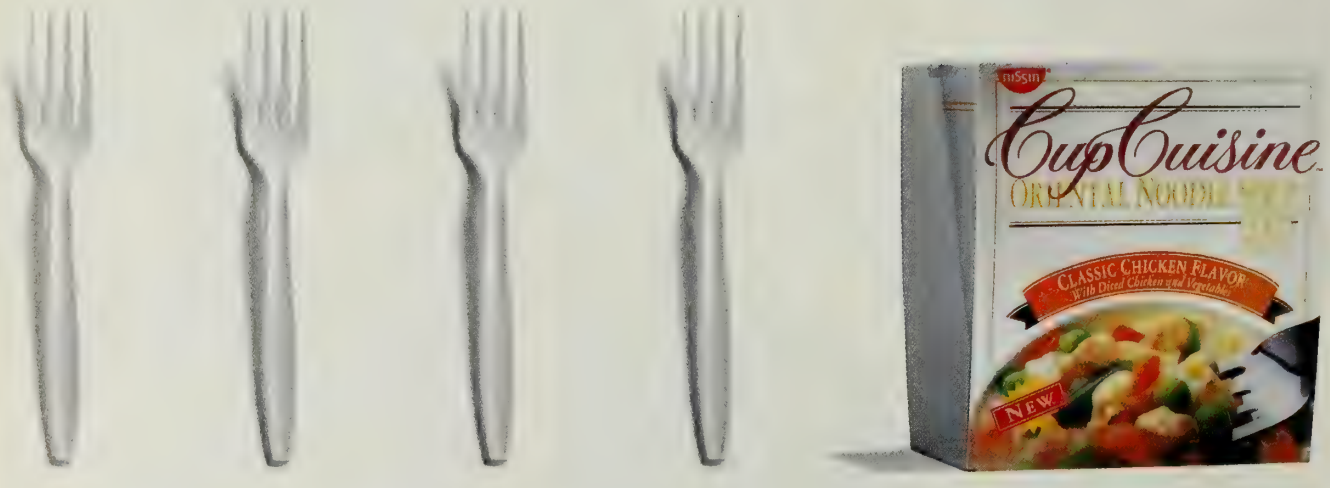


Chili like you've never tasted before.

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(Obviously, someone's discovered new Cup Cuisine.™)



Loaded with meat, vegetables and tender oriental noodles, Nissin's Cup Cuisine is the world's premiere instant noodle soup. nissin®

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BARLEY BASICS FOR HIGH-FIBER COOKING

Known as the world's oldest grain, barley was money in Babylonia. Today, you can't buy much with barley. But it can add dietary fiber to your diet. Try barley in casseroles and soups.



Introduce your family to a high-fiber meal of Beef-and-Barley-Stuffed Peppers.

BEEF-AND-BARLEY-STUFFED PEPPERS

- **3 large sweet yellow *or* green peppers, halved and seeded**
- **1 lb. lean ground beef**
- **⅓ cup sliced green onion**
- **1 cup cooked barley (either pearl *or* quick-cooking)**
- **1 cup chunky salsa**
- **½ cup shredded carrot**
- **¼ tsp. ground cumin**
- **¾ cup shredded Monterey Jack cheese (3 oz.)**

In a large saucepan or kettle cook pepper halves in a large amout of boiling, salted water for 3 to 5 minutes or just till tender. Drain; invert pepper halves over paper towels to drain.

In a skillet cook ground beef and onion 5 minutes or till beef is brown. Drain fat. Stir in barley, salsa, carrot, and cumin; mix well. Add *½ cup* shredded cheese; toss to mix. Spoon mixture into pepper halves. Place in a 13x9x2-inch baking pan. Bake, covered, in a 350° oven for 20 minutes. Sprinkle the remaining cheese atop peppers. Bake, uncovered, 5 to 10 minutes more. Serves 6.

Microwave directions: Cook peppers as directed on the range top. Meanwhile for filling, in a 1½- to 2-quart microwave-safe casserole, combine beef and onion. Micro-cook, covered, on high 4 to 6 minutes or till beef is brown, stirring once. Drain fat. Stir in barley, salsa, carrot, and cumin; mix well. Add *½ cup* cheese; toss to mix. Spoon beef mixture into pepper halves. Place pepper halves on a 12-inch microwave-safe plate; cover with vented plastic wrap. Micro-cook on high 5 to 6 minutes or till heated, rotating dish once. Top with remaining cheese; let stand 1 to 2 minutes.

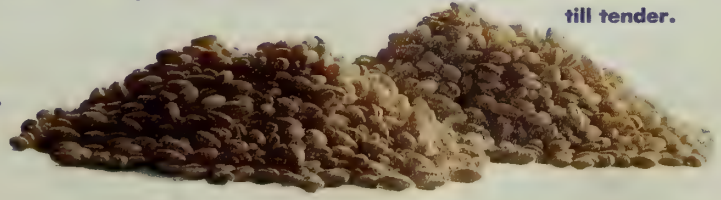
Nutrition information per serving: *230 cal., 19 g pro., 15 g carbo., 10 g fat, 62 mg chol., 364 mg sodium, 479 mg potassium, 5 g dietary fiber.*

USER'S GUIDE TO BARLEY

Common types: **Pearl barley (also called regular) and quick-cooking are the most readily available. Quick-cooking has been parboiled to reduce cooking time.**

Cooking directions: **Simmer barley in boiling water, covered, till tender. For 1 cup pearl barley, cook about 45 minutes in 4 cups water and drain. Or, add to soup stock along with the other ingredients and cook till tender.**

For quick-cooking barley, use 1 cup grain with 1½ cups water; cook 10 to 12 minutes or till tender.



Where to buy it: **Look for barley in the cereal or flour section of the grocery store or look for it in bulk form at health food stores and food warehouses.**

Storage: **Keep uncooked barley almost indefinitely in an airtight container in the refrigerator.** BH&G

READERS SHARE HOW THEY MANAGE FAMILY DINNERS

Last fall, we asked readers, "Despite your busy schedules, how do you and your family manage to share meals during the week?" We posed that question because we recognize the importance of families sharing good food and conversation around the breakfast or dinner table. Many of you enthusiastically replied. And, a sampling of those letters may help your busy family find a solution to managing its hectic dinner hour.



Busy families, like the Reines of Hollywood, Florida, enjoy daily meals together by planning ahead.

PLANNING AHEAD

"On Sundays, all of the weekday menus are planned, prepared, and frozen. I always make more for each menu because Friday is "leftover" day. That way, when I get home from work, meals are ready to serve and I'm able to spend more time with my family and less time in the kitchen."

Kathy Steele, Oelwein, Iowa

"Early in the day, I prepare lots of fresh vegetables for a salad or a dip. When our hungry crew walks in starving after school, I open the fridge and pull out the salad and cut-up veggies with a dip. We all enjoy this nutritious first course and our hunger pains disappear, at least temporarily. I can then leisurely prepare the main course while the rest of the family sets the table."

Margo Reines, Hollywood, Fla.

HELP FROM THE KIDS

"My job begins at 10 a.m., so I spend part of each morning preparing dinner. My seven sons (aged 3 to 19) arrive home before I do, so they set the table, start dinner, or bake a cake per my instructions. Everyone, even the youngest boy, takes a turn with the cleanup. Mealtime is a pleasant time of finding out what's happening with each other."

Karen Bueler, Prescott, Ariz.

QUICK RECIPES

"My husband and I both work. A problem that we have run into is that by the time we prepare a good balanced meal, we don't have much time for our two preschool boys, or each other. To remedy this, I often make a quick meal based on a pasta or potato mix and add frozen veggies and meat. This leaves time to relax and enjoy our family."

Susan Schofell, Ogdensburg, N.Y.

GOOD NEIGHBORS, GOOD MEALS

"Ten years ago my next-door neighbor and I started the Dinner Group. At that time we each had a 1-year-old child and worked part-time. We figured it would be more efficient for one of us to cook for both families than for each of us to prepare separate meals. Through the years our Dinner Group has changed with the times, yet the benefits keep growing. Primarily, there has been the freed-up time for the noncooking mother. The children have been exposed to a wider variety of foods and menus. Fellowship as neighbors has been the most delightful part."

Jeanne Snapp, Alexandria, Va.

FAMILY RITUALS

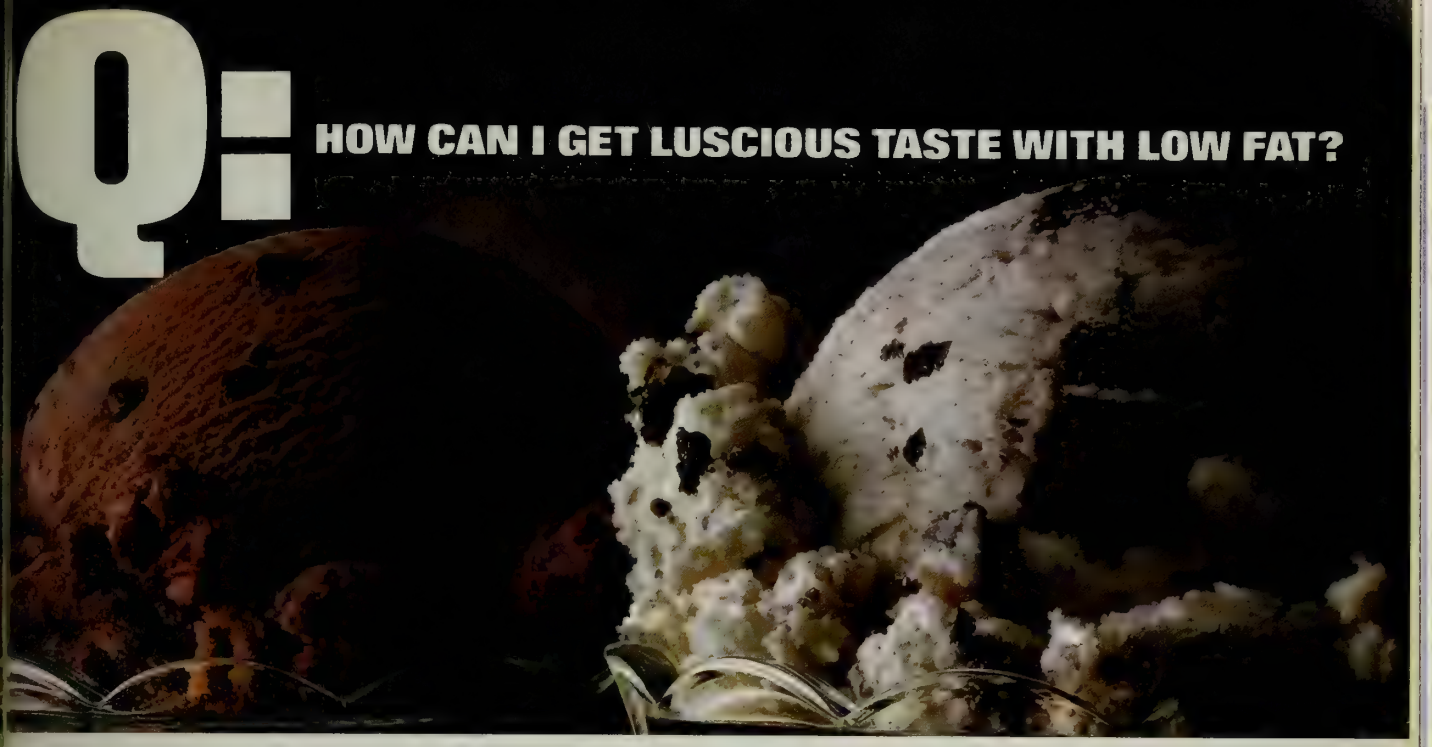
"Because our lives are hectic, we have discovered that dinnertime must also be a time of feeding our minds and souls and nurturing our family relationship. Once a week we have a "Family Picnic." Our youngest son is responsible for spreading the blanket on the floor while the rest of us slice cheese and cut up vegetables for the picnic food."

Terry, Jeff, Cody, and Casey Stekly, Casper, Wyo.

"Our evening meal is the one time in the day that my husband, 9-year-old son, and I manage to sit together and communicate. We have, for the past few years, instituted an after-meal "Family Read." We take turns reading aloud from a selected book. It keeps us seated happily some nights for hours, leading to laughter and lively discussions. We all benefit by experiencing literature together"

Corliss Kelly, Carmel, Calif.

Q: HOW CAN I GET LUSCIOUS TASTE WITH LOW FAT?



A:

All Natural Simplesse® Fat Substitute

LOOK FOR THE LOGO

The answer is Simplesse.® The all natural ingredient that replaces fat and keeps the taste you want.

Don't settle for low-fat foods that use only gums and gels to replace fat. Look for low-fat foods made with Simplesse. Simplesse is completely natural—made from egg whites and skim milk so you don't have to worry about all the fat, cholesterol and calories.

You can taste the difference Simplesse makes in brands like Baskin-Robbins® FatFree™, Simple Pleasures® and Simple Pleasures® Light frozen dairy desserts, Fat Freedom™ Eskimo Pie® Sandwiches and Eli's E'Lights® cheesecake. Soon Simplesse will be in many other foods you love.

Look for the Simplesse logo and find the rich, full taste you want without all the fat.











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Some products not available in all areas.

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Solve those pesky problems that slow down your woodworking projects or result in ruined materials. The "335 Great Shop Tips" book, bursting with the best tips from the popular **Better Homes and Gardens WOOD** magazine column, "Tips from Your Shop," shows you how to make shop projects better, faster, safer and easier. This manual will help you master such tricky procedures as creating perfect circles in wood, sanding veneer or repairing gouges in furniture. To insure success, each tip includes easy-to-read instructions and a detailed illustration. The book is conveniently organized into 24 chapters with a comprehensive index.

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DASHING SLEIGH RIDE



JOHN HETHERINGTON

An old-fashioned horse and sleigh cutout adds charm to your holiday yard.

The spirit of Christmas past can come alive on your lawn in the form of our Christmas Eve Sleigh Ride yard ornament. This delightful 12-foot-long and 4-foot-high cutout will be an eye-catching addition to your outdoor Christmas decorations.

Cut this sturdy holiday project from plywood using our full-size pattern. Then lightly sand, prime, and paint the design.

This sleigh was designed by the editors of *Weekend Woodworking Projects*® magazine (our sister publication specializing in wood-crafted projects). They cut the sleigh from a half-inch medium-density overlay plywood (MDO) because of its smooth surface and ability to withstand winter's elements. If you use a less-expensive exterior plywood, you'll have to spend more time preparing the surface. Our full-size pattern gives complete, easy-to-follow instructions and helpful tips from our woodworking experts.

The hinges and braces designed for this cutout help the sleigh to stay put in the snow, then conveniently fold up for storage. Easy "color book painting"—no shadows or highlights—simplifies re-creating this project.

To order a full-size pattern and complete instructions, send $13.95 (price includes postage and handling) to: ***Better Homes and Gardens*® Sleigh Plans, Dept. SP1, P.O. Box 9255, Des Moines, IA 50306.**





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The versatile Oster Kitchen Center® appliance can do just about anything. Because it's actually five appliances in one. The Stand Mixer is ideal for making an angel food cake or chocolate brownies. The Doughmaker works perfectly for buttermilk rolls or whole wheat bread. Snap on the Slicer/Shredder to prepare a stir-fry or Waldorf salad. Chop onions, garlic or parsley in a flash with the Food Processor. Even a bearnaise sauce is a cinch with the Osterizer® blender. There's almost nothing the Kitchen Center appliance can't do. (Except windows, of course. It does have to draw the line somewhere.)

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HAVE YOU DRIVEN A FORD LATELY?

It's early morning. The coffee's gone. A busy commute stares you in the face. Fortunately, the burst of energy you need to overcome it all is as close as your driveway. In the form of the new V-6 powered Ford Tempo GLS.

ALL THE RIGHT INGREDIENTS.

To make Tempo more responsive than ever, we've added an available *3.0L V-6 engine with sequential electronic fuel injection*—in short, one healthy dose of power.

Next, we balanced this new power with the crisp handling of a four-wheel independent suspension system. And, just for the fun of it, we even made the sporty Tempo GLS look sportier than ever, with bold styling cues like *fog lamps and body-side cladding.*

It all helps make Tempo a car that's as rewarding to drive as it is affordable to own. And, of course, a value like that is something that can really boost your spirits.

NEW TEMPO Ford V-6

hassle-free holiday travel

BY LOIS ANNE NAYLOR

Afraid you'll get stuck at the airport? Or booked into a hotel that busts your budget? These timely tips will take the hassles out of your holiday travels.

PLANES

The early bird catches the plane

Make reservations early.

Don't count on frequent-flier miles. Holidays are normally blacked out.

Allow plenty of time for flight connections. Even if your agent or the airline says a 30-minute connection is fine, insist on a one- or two-hour layover. With potential weather delays and masses of travelers, padding your schedule this way could mean the difference between spending the holidays with your relatives or with strangers at the airport.

Get a boarding pass when you get your ticket. You are less likely to be bumped.

Phone ahead for special meals. For specific dietary needs—a child's meal, or diabetic, kosher, or vegetarian food—notify the airline when you or your travel agent make your reservation. Minimal advance notice: at least 72 hours.

Confirm your ticket 24 hours in advance. Warning: A green light here still doesn't assure you a seat. **Check in as early as possible.**

Allow extra time at the airport, because of overbooking and crowded conditions. Expect check-in and traffic to take longer. Arriving early minimizes your frustration and the chance of getting bumped.



Don't load yourself down with unnecessary baggage.

Plan for delays. Be sure to carry extra food, diapers, clothing, and toys.

Pack an empty collapsible bag to bring gifts or holiday purchases home.



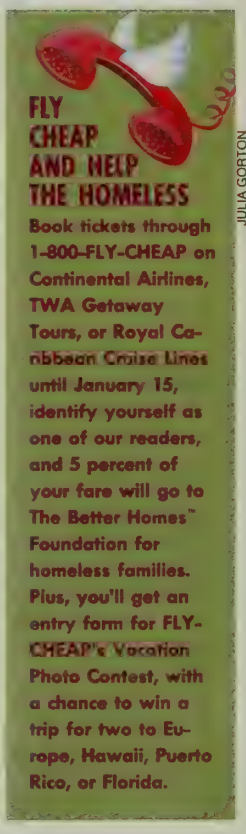
DAVE CALVER

TIGHT TURNAROUND?

How to give yourself a fighting chance

- Book a seat as far forward as possible so that you can be one of the first to disembark. (If you aren't in a rush, let those behind you off first.)
- Don't stow anything in the overhead compartment. You and your carry-on stored under the seat will be ready to leave when it's your turn instead of wasting time at that point getting your possessions from the overhead.
- Jot down the numbers of your landing gate and departing gate, if the crew announces them.
- Check the in-flight magazine for the airport map, and study the layout.
- Verify your departure gate with the gate attendant or on a TV monitor. Sometimes there's a change from the gate announced on the plane.

continued on page 170



JULIA GORTON

BEST AIRPORTS FOR KIDS

Primary places

- Boston's Logan International
- Denver Stapleton
- Greater Pittsburgh International
- San Jose International, California

Waiting for your flight could be the highlight of your child's trip when kids have their own place to run around, climb on play equipment, and let off steam. The most elaborate youth section, Denver's KidsPort, serves as a mini-museum, complete with computers. Pittsburgh plans to unveil its enlarged and improved Kidsport next fall. Missoula, Montana, and New York's La Guardia offer smaller areas.



CARS

The long haul

Take your car in for a tune-up and safety check before your departure.

Prepare for emergencies. If you're traveling in cold climates, bring enough heavy jackets, hats, gloves, and boots for everyone in case you get stranded. Pack blankets, a flashlight, a shovel, sand, jumper cables, tools, flares, a first-aid kit, and toilet paper.

Make sure your spare tire is properly inflated and in good condition, and that you have the tools to mount it.

Keep the gas level above half a tank.

Join AAA or some other auto club with emergency road service. Even if you fly, you can get TourBooks and excellent maps from AAA of the area where you're going. If you drive, your auto club can route the trip for you.



HOTELS

Room at the inn

Ask about holiday packages. Central reservationists for some chains don't know about local specials, so inquire directly with your hotel. And always request the lowest rate when you check in.

You can save money by staying at all-suite hotels, especially those that include breakfast in the rate.

Some hotels are experimenting with nonrefundable reservations, airline-style. Book ahead to save.

HOTEL HOLIDAY SPECIALS

Hotels normally set aside only a portion of their rooms to sell at reduced rates, so reserve early.

Courtyard by Marriott: $44 a night, Thursday–Sunday, through January 26, with a seven-day advance reservation required. To pay $44 on Thursday, you must also stay Friday night; ***800/321-2211.***

Days Inns of America: Let the Package Hotline know where you're traveling, and they'll tell you about any special rates; ***800/942-7543.*** You can cut costs by 20–60 percent anytime with the Simple Super Saver; book at least 29 days in advance and prepay the first night's stay; ***800/325-2525.***

Holiday Inn: Great Rates through the end of the year gives you a minimum of 10 percent off nondiscounted weekday rates and at least 20 percent off nondiscounted weekend prices at participating hotels; ***800/HOLIDAY.***

ITT Sheraton: Save up to 50 percent on an Endless Weekend package until December 29. $49–$149, Thursday–Sunday, at participating hotels; ***800/325-3535.***

Residence Inn by Marriott: $49 a night for a one-bedroom studio, weekends, November 15–January 26; daily, December 14–January 11; ***800/331-3131.***

MAIL BEFORE YOU GO

Don't try to cram the gifts you're going to give into your luggage or car. Send your packages ahead, so they'll be there when you arrive. Be sure to ship as early in December as possible.



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When the kids whine, "I'm hungry. I have to go to the bathroom," give them this hand-held computerized gadget. Tripmate will entertain them as they figure out how far you are from restaurants, hotels, gas stations, and emergency services.

Only certain chains have been fed into the system, and Tripmate will set you back $99.95, but the device provides diversion as well as answers on trips. And you can usually assume that if a major fast-food chain serves up the chow, the area will also boast at least a smattering of other dining options, gas stations, and motels. For a Whistler Tripmate dealer, call *800/531-0004.* BH&G



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BUYING GUIDE

continued from page 111

TO GRANDMOTHER'S HOUSE WE GO

Page 82: Bear, "Cornelius VanderBear"—North American Bear Co., 401 N. Wabash, Suite 500, Chicago, IL 60611. **Rocking chair—**Expressions, P.O. Box 6018, Metairie, LA 70002.

Page 83: Children's outdoor clothing throughout story—Lands' End, 1 Lands' End Lane, Dodgeville, WI 53595.

Pages 84–85: Poster, "468 Kahn"—Poster Originals, 330 Hudson St., New York, NY 10013. **Birch bark accessories—**Lady Slipper Designs, Inc., R. 3, Box 556, Bemidji, MN 56601. **Shaker chair—**Shaker Workshops, P.O. Box 1028, Concord, MA 01742. **Floor lamp—**Texture, Karen Wight, 233 1/2 Rodriguez, Santa Fe, NM 87501. **Rug,** "Reading No. 24"—Thomas K. Woodard, 835 Madison Ave., New York, NY 10021. **Sofa fabric—** P.K. Kaufman Inc., 261 Fifth Ave., New York, NY 10016.

Pages 86–87: Birch bark containers—Lady Slipper Designs, Inc. (address above).

Pages 88–89: Bear, "Cornelius VanderBear"—North American Bear Co., (address above). **Rocking chair—**Expressions (address above). **Rug,** "Reading No. 24"—Thomas K. Woodard (address above). **Birch bark containers—**Lady Slipper Designs, Inc. (address above). **Adult sweaters, children's clothing—**Lands' End (address above).

Pages 90–91: Birch bark containers—Lady Slipper Designs, Inc. (address above). **Table runner, rug,** "Pennsylvania Bars"—Thomas K. Woodard (address above). **Shaker chairs—**Shaker Workshops (address above).

Page 92: Child's Sweater—Lands' End (address above). **Floss—**The DMC Corp., Port Kearney Bldg. No 10, S. Kearny, NJ 07032-0650. **Fabric—**Zweigart, Joan Toggit Ltd., 2 Riverview Dr., Somerset, NJ 08873.

CHRISTMAS IN A TWINKLING

Page 107: Flatware, "Florian Gold"—Yamazaki, 150 North St., Teterboro, NJ 07608. **Dinnerware,** "Warmstry White"—Royal Worcester, 1265 Glen Ave., Moorestown, NJ 08057. **Stemware,** "Holiday"—Lenox China & Crystal, 100 Lenox Dr., Lawrenceville, NJ 08648. **Napkins—**Paper White Ltd., Box 956, Fairfax, CA 94930. **Table, chairs,** "Cherry Traditions"—JCPenney Co., Inc., P.O. Box 659000, Dallas, TX 75265-9000; 800/222-6161. **Printed fabrics,** "All That Glitters" collection, Fabric Traditions, 1350 Broadway, New York, NY 10018. **Gold lamé—**Columbia Fabrics, 42 W. 39th St., New York, NY 10018. **White satin—**Rosebar Textile Co., 455 Oehler Pl., Carlstadt, NJ 07072. **Gold trimmings—**St. Louis Trimming, Inc., 5040 Arsenal St., St. Louis, MO 63139. **Polyester batting—**Poly-fil Products, Fairfield Processing Corp., P.O. Box 1130, Danbury, CT 06810.

Page 109: Hair on angel, "Sunshine Yellow"—Maxi-Curl, One & Only Creations, P.O. Box 2730, Napa, CA 94558. **Wired ribbon on tree and wreath—**C. M. Offray & Son, Inc., available at local fabric and craft stores. **Stemware,** "Holiday"—Lenox China & Crystal (address above).

HOMEMADE FOR THE HOLIDAYS

Page 115 (*top*): Stoneware plate, "Vineyard"—The Pottery Barn, Mail Order Dept., P.O. Box 7044, San Francisco, CA 94120-7044. **(*Center*): Plate—**The Pottery Barn (address above). **Fork,** "Agean Weave"—Wallace Silversmiths, P.O. Box 9114, E. Boston, MA 02128. **(*Bottom*): Plate,** "Brighton"—Conran's Habitat, 10 Astor Pl., New York, NY 10003.

Pages 116–117: Spoon, "DuBarry"—Wallace Silversmiths (address above). **Wine glasses,** "Classic Legend"—Lenox China, Inc., 100 Lenox Dr., Lawrenceville, NJ 08648. **Napkin—**Wicker Works, 300 Fourth St., West Des Moines, IA 50265.

Pages 118–119: Platter, "Rosette"—Nikko Ceramics, Inc., 165 Chubb Ave., Lyndhurst, NJ 07071. **Plate and pie pan,** "Berries"—Hartstone, Inc., 1719 Dearborne, P.O. Box 2626, Zanesville, OH 43701. **Star dish—**Williams-Sonoma, 100 North Point St., San Francisco, CA 94133. **Red dish—**Fenton Art Glass Co., Williamstown, WV 26187.

Page 122: Plate—The Pottery Barn (address above).

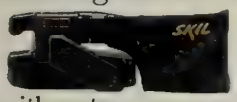
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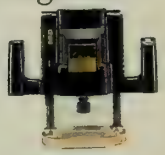
Page 157 (*left*): Wine glass, "Nantes"—Durand Int'l., Wade Blvd., Millville, NJ 08332. **Silverware,** "Romona"—Yamazaki Tableware, Inc., 150 North St., Teterboro, NJ 07608.

Page 158 (*right*): Wine glass, "Angelique"—Durand Int'l. (address above). **Plate—**Bergdorf Goodman, 754 Fifth Ave., New York, NY 10019. **Candle holders,** "Duo"—Iittala Crystal Finland, P.O. Box 879, Rte. 6, East Lake Blvd., Mahopac, NY 10541.



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STAYING SAFE

Precautions to protect drivers against crime



COMSTOCK

Almost 150,000 assaults, robberies, and rapes were committed in parking lots and garages in 1989, according to the latest data available at presstime. Some 335,900 robberies occurred on streets and highways in 1990. Such statistics make it shockingly obvious that personal security in and around a car is serious business.

We can never ensure personal safety 100 percent of the time. However, some simple actions can greatly decrease your chances of being victimized while driving or parked. Most of these precautions are directed toward women, who are at greater risk, statistics say; but safety in and around a car is a concern for all drivers.

On the highway. The biggest threat to personal security on the highway is a breakdown. With apologies to all sincere good Samaritans, the best rule is to not accept help from strangers. If your engine quits, immediately switch on the emergency flashers and drive onto the shoulder. Open the hood, hang out a white handkerchief, lock yourself in the car, and wait for assistance.

Should a stranger approach, do not get out of the car. Offer a quarter instead and ask him to telephone for help. Never accept a ride in a stranger's car, no matter how tired and frustrated you may be.

With a flat tire, the safest course of action is to drive on the shoulder to the nearest exit that has a service station. It is better to destroy a tire than to risk an attack. Otherwise, follow the advice for a breakdown.

What if a driver in an unmarked car motions you to pull over? Do not comply. Drive to the nearest open business where people are present. If you are pulled over by a uniformed officer, you still have the right to see some identification.

On the streets. Keep doors locked and windows up. If the windows must be down or the car is a convertible, secure purses and briefcases with the passenger-side seat belt. Avoid driving in the curb lane when you can. At stoplights, leave enough room between you and the car ahead so you can easily drive around it.

Warning: If your car is tapped from behind by another car, don't get out. Drivers concerned about damage to their cars are sometimes mugged for that concern. Ask the other driver to go to the nearest police station.

In the parking lot. At work, at the mall, wherever there's a parking lot, there is a security risk. Use this checklist to minimize risk.

Always park as near to your destination as possible and within sight of a security post. Remember to park under a light if there's a chance you'll be returning after dark. As basic as it seems, remember *where* you parked. Wandering around looking for a "lost" car greatly increases your risk.

When you return to your car after work, try to walk with a friend or two. If you feel insecure at the shopping mall, ask a security person to accompany you.

Glance under your car as you approach it. Muggers have been know to lie under or between parked cars. Have your keys out and packages under control so you don't have to fumble to get the door unlocked. Take a moment to look in the back seat. When parking a two-door, leave the seat backs tilted forward so you can easily see the rear floor.

—Auto writer Mike Knepper and family follow these suggestions routinely and feel safer for it.

ELECTRONIC HELP

Several electronic devices can help you stay safe. One of the most common is a remote keyless entry system available as an option on many cars. It enables you to unlock the doors from several yards away so you don't have to hesitate when getting in. (Costs depend on car and system.)

A central locking system, also a popular option, provides instant control over the door locks. However, some central systems unlock only the driver's door—a switch inside opens the other doors—while others unlock all the doors at once. The latter could compromise your security.

After-market security systems have become quite sophisticated. Many allow you to turn on the headlights and interior lights as you approach the car. Some remote controllers feature a "panic" button with which you can activate the system's intruder alarm in response to a threat.

Finally, if you do a lot of highway driving, consider a cellular telephone or a CB radio so that you will have quick access to emergency assistance.

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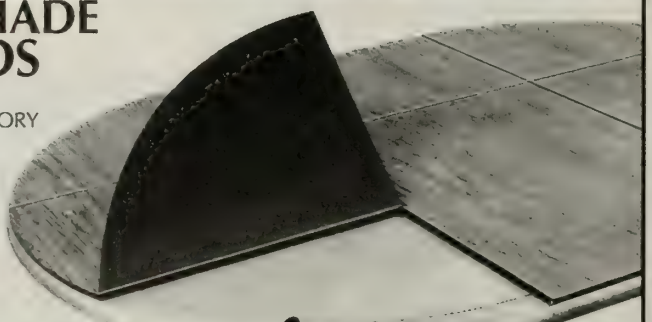
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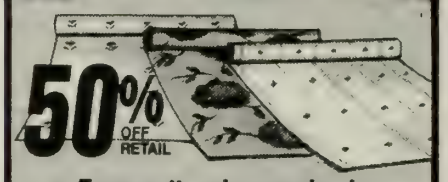
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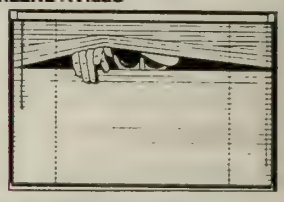
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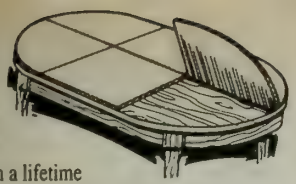
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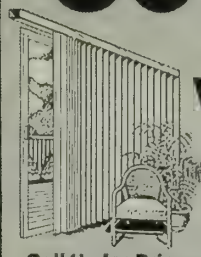
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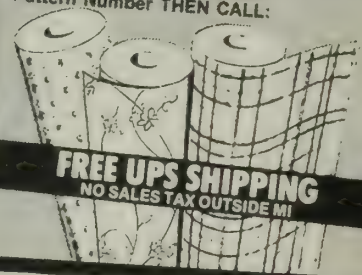
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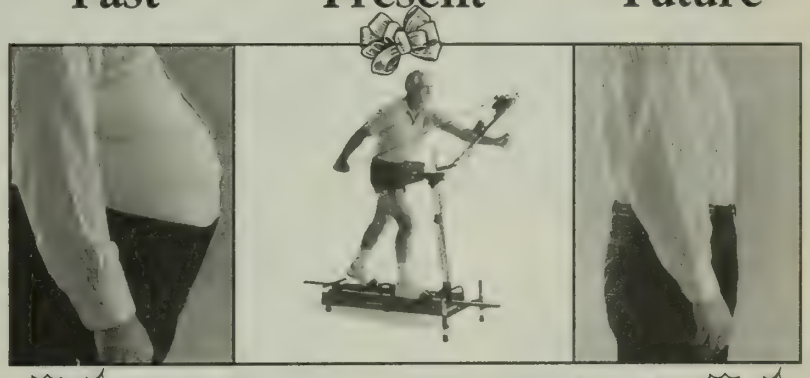
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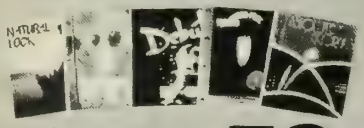
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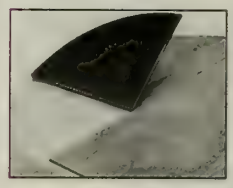
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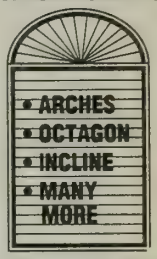
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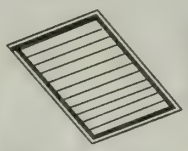


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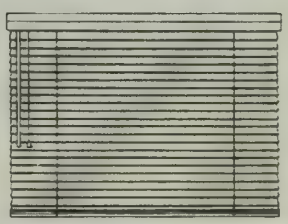
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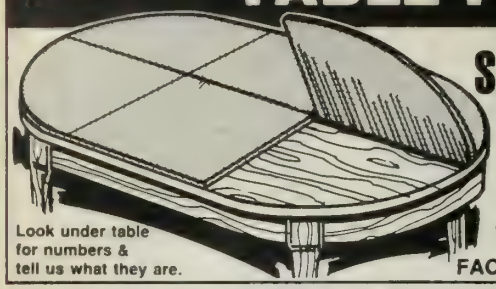
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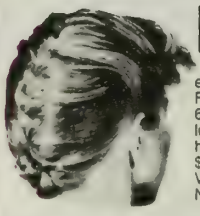
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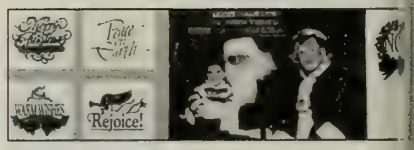


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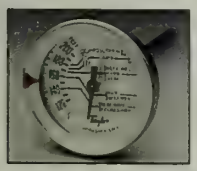




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THE MAN NEXT DOOR®

DECEMBER 1991

■ While watching kids sit on Santa's lap at the mall the other day, I overheard one concerned youngster ask, "Santa, I hope your sled comes with a driver's side air bag."

■ Grandma Hillis says that anyone thinking of giving their newborn child an offbeat name should stick their head out of the back door and holler it a couple of dozen times to see if it still sounds so great!

■ The difference between a small tax increase and a big tax cut, explains Nick Hanfli, "is that the former costs you about $300, while the latter saves you about 30 cents."

■ Elaine Cowan is having increasing doubts about our local bank, which advertises that she is "their most important customer" but puts her on hold every time she tries to call them on the telephone.

■ When I suggested that we give up our weekly trip to the frozen yogurt shop and donate the money to charity, Burt, Jr., countered: "Couldn't we give up broccoli and send that money instead?"

■ City council member George Wyser observes that for a lot of financially troubled municipalities across the country, garbage is the only business that's picking up.



"Can you join us on the 31st? We're having a few friends over who really *hate New Year's Eve parties."*



"Did you know that Santa has a 900 number and you can talk as long as you want to?"

■ Dick Dresch says if you want to get outdoors a lot, just try keeping a small dog inside as a house pet.

■ Rosemary is proud to say that she is attending college on a work-study program. Her parents are doing the work, she confides, and she is doing the studying.

■ "The world would be a better place," the Rev. George Hall declared last Sunday, "if we would all just love our neighbors a little more than they deserve."

■ Computers and audio cassettes may be wonderful learning tools, but our Rosemary writes from college that her roommates have found a small microwave to be the most useful study aid of all.

■ Christine notes that the filmmaking industry still hasn't got the movie-rating thing right. "They've left out a category that's very popular with the public—Ugh!"

■ An old-timer, says Ken Floyd, is anyone who learned to ride a bicycle before it became a fitness machine.

This year, Chris and I decided to get a small potted evergreen for our Christmas tree. Later, we'll plant the tree in our yard.

When we told the kids of the plan, they cried Grinch. "We'll never get all our ornaments on a shrimpy little tree," Judy argued.

"Don't worry," Chris countered. "We'll just choose the ornaments that we really like."

"Right," I said. "I mean, who's going to miss that ugly rhinestone-studded satin ball?"

"The one my aunt gave us on our first anniversary?" Chris returned. "I say let's drop that silly 'Santa's outhouse' number instead."

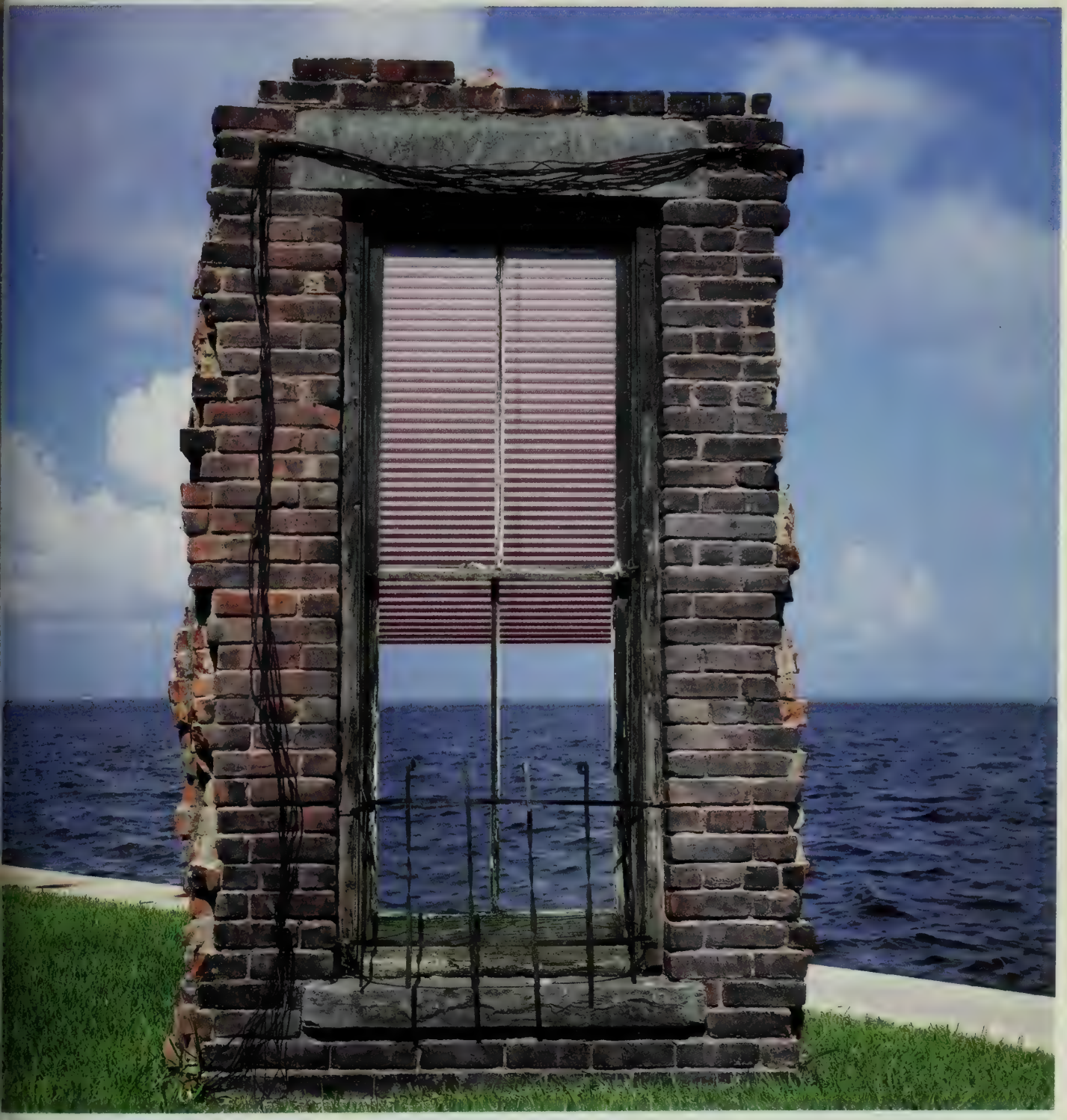
"Hold on," I stammered, "I got that in college. There's a lot of sentiment attached to that little guy."

Needless to say, the kids were smart enough to stay out of our subsequent "discussion."

Also needless to say, this year there will be two Christmas trees gracing the Hillis living room.

Burton Hillis

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